

1 MONTH FOOD FALLBACK PLAN



OPTION 1

The Basic

Contents:
2 Ready Project Emergency
Vegetarian Food Buckets

Calories Per Day: 1860
Shelf Life: Up to 20 years
Water Requirements: 131 L



OPTION 2

The Premium

Contents:
6 Cans of Nutristore/In Case Of Food
6 Cans of Nutristore Freeze Dried Fruits & Veggies
1 Ready Project Emergency Food Bucket
3 Peak Refuel Entree Meals

Calories Per Day: 2180
Shelf Life: 10 - 30 years
Water Requirements: 103 L



OPTION 3

The Peak Pack

Contents:
60 Peak Refuel Meals
(30 Breakfasts, 30 Entree's)

Calories Per Day: 1610
Shelf Life: Up to 10 years
Water Requirements: 15 L



3 Pro Tips for a Great 1 Month Food Supply

1. Store products that are shelf stable and have a longer life span until they expire. A 5-year shelf life or more is suggested so that you don't have to babysit your food fallback plan.
2. Choose items that are easy to gather so that you can quickly evacuate with them. It is important that they are temperature stable (not needing refrigeration).
3. Keep a variety on hand! You will want to avoid eating the same thing every meal, everyday as this causes food fatigue and lacks additional vitamins and nutrients. It is ideal to have a variety of fruits, vegetables, proteins and grains to keep your meals and nutrients different!

START PREPARING TODAY

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