

2 WEEK FOOD FALLBACK PLAN



OPTION 1

Ready Project Bucket

Contents:

1 Ready Project 14 Day
Vegetarian Food Bucket

Calories Per Day: 2000
Shelf Life: Up to 20 years
Water Requirements: 65.5 L



OPTION 2

Ready Project Plus

Contents:

1 Ready Project Bucket
4 Nutristore Food Cans
2 Peak Refuel Meals

Calories Per Day: 3020
Shelf Life: 10 - 20 years
Water Requirements: 81.5 L



OPTION 3

The Ultimate

Contents:

42 Peak Refuel Meals
(14 Breakfasts, 28 Entree's)

Calories Per Day: 2187
Shelf Life: Up to 10 years
Water Requirements: 11 L



3 Pro Tips for a Great 2 Week 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. Ideally - at least some of it can easily be eaten on-the-go (think being stuck in or near your car on a long evacuation drive). Also consider water and cooking requirements for each type of food stored.

START PREPARING TODAY

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