# Grocery Run

**Emergency Planning for 2 Weeks**

## Dry Goods
- Spaghetti noodles: 2 boxes
- Whole-wheat bread: 2 loaves
- Pancake mix: 2 boxes
- White bread: 6 loaves
- Popcorn: 2 boxes
- Mexican rice: 2 cups dry
- Soft taco shells: 2 (8 ct) bags
- Saltin/Ritz crackers: 1 box each
- Pizza dough: 2 large pre-made
- Macaroni salad: 2 containers

## Fresh Produce
- Apples: 8
- Oranges: 8
- Medium bananas: 12
- Grapes: 2 (2#) bags
- Tomatoes: 5
- White onions: 3
- Variety of bell peppers: 6
- Carrots: 3 bags
- Celery: 3 groups
- Cucumbers: 12
- Sweet potatoes: 3

## Frozen Dairy/Veggies
- Frozen corn: 3 bags
- Ice cream: 1 48 oz container
- Tilapia: 1 (32 oz) bag
- Frozen broccoli: 4 bags
- Small rolls: 1 (24 ct) pan
- Chicken breasts: 2 bags
# GROCERY RUN

**EMERGENCY PLANNING FOR 2 WEEKS**

**Fresh Meat/Dairy**
- Bacon - 2 pkgs
- Sausage - 2 pkgs
- Turkey deli meat - 2 containers
- Ham deli meat - 2 containers
- Ground beef - 2 (1#) containers
- Eggs - 3 (18 ct) containers
- Skim milk - 4 gallons
- Sliced cheese (cheddar/swiss) - 3 (12 ct) pkgs
- Pudding - 3 instant Jell-O boxes
- Yogurt - 2 (32 oz) containers
- Cottage cheese - 1 (24 oz) container

**Canned Goods/Condiments**
- Tuna - 2 (12 oz) cans
- Fruit cocktail - 4 (15 oz) cans
- Pears - 6 (15 oz) cans or 3 (32 oz)
- Applesauce - 2 (48 oz) cans
- Mandarine orange cups - 2 pkgs
- Spaghetti sauce - 2 cans
- Pizza sauce - 1 (large) can
- Ranch dressing - 1 (36 oz) container
- Black olives - 2 (8 oz) can
- Mushrooms - 3 (8 oz) cans
- Lite Mayo - 1 (30 oz) container
- Peanut butter - 2 (16 oz) jars

**1 gallon water / day PER PERSON = 56 GALLONS (if needed)**
Week 1 Menu

Sunday
- Breakfast: 2 slices bacon, 2 small pancakes, 1 cup pears, 1/2 c cottage cheese, 1 cup skim milk
- Lunch: Turkey and cheddar cheese sandwich, 1 cup celery sticks with 2 tbsp peanut butter, 1 cup grapes, 8 oz water
- Dinner: Baked chicken with 1/2 c mashed potatoes, 1 cup green beans, 8 oz water
- Snack: 3 c popcorn, 1 c cucumber, 1/2 c yogurt

Monday
- Breakfast: 2 egg omelet with 1/3 c shredded cheese/ 1/2 cup spinach and tomatoes, 1 slice whole-wheat toast, 1 cup peaches, 1 c skim milk
- Lunch: Peanut butter sandwich, 1 cup carrot sticks with ranch, 1 small apple, 8 oz water
- Dinner: Baked chicken with 1/2 c mashed potatoes, 1 cup green beans, 1/2 c ice cream, 8 oz water
- Snack: 6 Ritz crackers, 1/2 c carrots

Tuesday
- Breakfast: 2 slices bacon, 1 slice whole-wheat toast, 1 cup fruit cocktail, 1/2 c cottage cheese, 1 cup skim milk
- Lunch: Turkey and cheddar cheese sandwich, 1 cup sliced bell pepper w/ ranch, 1 small orange, 8 oz water
- Dinner: 1/2 c spaghetti with meat sauce, 1 cup corn, 1 small roll, 8 oz water
- Snack: 6 Ritz crackers, 1 c sweet potato fries

Wednesday
- Breakfast: 2 egg omelet with 1/3 c shredded cheese/ 1/2 cup mushrooms and bell peppers, 1 cup peaches, 1 c skim milk
- Lunch: Peanut butter sandwich, 1 cup carrot sticks with ranch, 1 cup grapes, 8 oz water
- Dinner: 1/2 c spaghetti with meat sauce, 1 cup corn, 1 small roll, 8 oz water
- Snack: 3 c popcorn, 1 c cucumber, 1/2 c yogurt

Thursday
- Breakfast: 2 slices bacon, 1 slice whole-wheat toast, 1 cup peaches, 1/2 c cottage cheese, 1 cup skim milk
- Lunch: Turkey and cheddar cheese sandwich, 1 cup celery sticks w/ ranch, 1 small apple, 8 oz water
- Dinner: 3 oz ground beef, 2 taco shells with 1 cup tomatoes, onion, lettuce, 1/3 c shredded cheese, 8 oz water
- Snack: 6 Ritz crackers, 1 c cucumber

Friday
- Breakfast: 2 egg omelet with 1/3 c shredded cheese/ 1/2 cup spinach and tomatoes, 1 cup fruit cocktail, 1 c skim milk
- Lunch: Peanut butter sandwich, 1 cup sliced bell pepper with ranch, 1 small orange, 8 oz water
- Dinner: 1/2 c spaghetti with meat sauce, 1 cup corn, 1 small roll, 8 oz water
- Snack: 3 c popcorn, 1/2 c carrots, 1/2 c yogurt

Saturday
- Breakfast: 2 slices bacon, 1 slice whole-wheat toast, 1 cup pears, 1/2 c cottage cheese, 1 cup skim milk
- Lunch: Turkey and cheddar cheese sandwich, 1 cup celery sticks w/ ranch, 1 small apple, 8 oz water
- Dinner: Pizza night (homemade), 2 slices with 1 cup olives/onion, 1/3 c shredded cheese, 8 oz water
- Snack: 3 c popcorn, 1/2 c carrots, 1/2 c yogurt
Week 2 Menu

Sunday
- Breakfast: 2 egg omelet with 1/3 c shredded cheese/ 1/2 cup spinach and tomatoes, 2 small pancakes, 1 cup mandarin oranges, 1 c skim milk
- Lunch: Ham and swiss cheese sandwich, 1 cup applesauce, 1 c celery sticks with 2 tbsp peanut butter, 8 oz water
- Dinner: 3 oz chicken parmesan with 1/2 c spaghetti, 1 cup green beans, 1 small roll, 8 oz water
- Snack: 3 c popcorn, 1 bell pepper w/ ranch, 1 c pudding

Monday
- Breakfast: 1 oz sausage, 1 sl whole-wheat toast, 1 medium banana, 1 c skim milk
- Lunch: 2 oz tuna salad sandwich, 1 c pears, 1 c carrots w/ ranch, 1 c plain yogurt, 8 oz water
- Dinner: 3 oz chicken parmesan with 1/2 c spaghetti, 1 cup green beans, 1 small roll, 8 oz water
- Snack: 6 saltine crackers, 1 tbsp pb, 1/2 cucumber

Tuesday
- Breakfast: 2 egg omelet with 1/3 c shredded cheese/ 1/2 cup onion and bell pepper, 1 sl whole-wheat toast, 1 cup mandarin oranges, 1 c skim milk
- Lunch: Ham and swiss cheese sandwich, 1 cup applesauce, 6 celery sticks w/ 2 tbsp pb, 8 oz water
- Dinner: 3 oz baked tilapia, 3 oz macaroni salad, 1 c green beans, 1/2 c fat free milk
- Snack: 3 c popcorn, 1/2 cucumber, 1 c pudding

Wednesday
- Breakfast: 1 oz sausage, 2 small pancakes, 1 medium banana, 1/2 c skim milk
- Lunch: 2 oz tuna salad sandwich, 1 c pears, 1 c carrots w/ ranch, 1 c plain yogurt, 8 oz water
- Dinner: 3 oz baked tilapia, 3 oz macaroni salad, 1 c green beans, 1/2 c fat free milk
- Snack: 3 c popcorn, 1/2 cucumber, 1 c yogurt

Thursday
- Breakfast: 2 egg omelet with 1/3 c shredded cheese/ 1/2 cup spinach and tomato, 1 sl whole-wheat toast, 1 cup mandarin oranges, 1 c skim milk
- Lunch: Ham and cheddar cheese sandwich, 1 cup celery sticks w/ ranch, 1 c applesauce, 8 oz water
- Dinner: 3 oz fajita chicken, 1/3 c shredded cheese, 1 c bell pepper/onion, 1/2 c Mexican rice, 8 oz water
- Snack: 6 saltine crackers, 1 tbsp pb, 1 bell pepper w/ ranch

Friday
- Breakfast: 1 oz sausage, 1 sl whole-wheat toast, 1 medium banana, 1/2 c skim milk
- Lunch: 2 oz tuna salad sandwich, 1 c pears, 1 c carrots w/ ranch, 8 oz water
- Dinner: 3 oz fajita chicken, 1/3 c shredded cheese, 1 c bell pepper/onion, 1/2 c Mexican rice, 8 oz water
- Snack: 3 c popcorn, 1/2 cucumber, 1 c yogurt

Saturday
- Breakfast: 2 egg omelet with 1/3 c shredded cheese/ 1/2 cup onion/bell pepper, 1 sl whole-wheat toast, 1 cup mandarin oranges, 1 c skim milk
- Lunch: Ham and swiss cheese sandwich, 1 cup celery sticks w/ 2 tbsp pb, 1 c applesauce, 8 oz water
- Dinner: Pizza night (homemade), 2 slices with 1 cup olives/bell pepper, 1/3 c shredded cheese, 8 oz water
- Snack: 3 c popcorn, 1 bell pepper w/ ranch