Able Neighbours: Emergency Food & Cooking Guide

A simple shopping list and meal guide for four people: two adults and two school-age children. Start with what you can afford. Buy foods your family already eats.

Important: These are planning amounts, not a promise of complete nutrition. Food labels, can sizes, ages and health needs vary. Store extra food when you can. Children, babies and people with special diets may need different foods.

Shopping list: choose 1, 2 or 3 weeks

Food	1 week	2 weeks	3 weeks
Oats	3 kg	6 kg	9 kg
Dry rice, pasta or couscous	5 kg	10 kg	15 kg
Ready-to-eat canned beans / lentils (540 mL)	20 cans	40 cans	60 cans
Canned fish / chicken (170 g)	12 cans	24 cans	36 cans
Peanut / seed butter	2 kg	4 kg	6 kg
Canned vegetables (398 mL)	14 cans	28 cans	42 cans
Canned fruit / applesauce (398 mL)	14 cans	28 cans	42 cans
Shelf-stable milk / fortified alternative	7 L	14 L	21 L
Cooking oil	1 L	2 L	3 L
Crackers / ready-to-eat cereal	2 kg	4 kg	6 kg

Food-energy check: using common package values, these amounts may provide roughly 65,000–80,000 calories per week in total. This is an estimate, not a tested meal plan. Some food will be lost to waste or different pack sizes. Check your own labels. A family may need more or less.

Water: keep it safe

Plan at least **4 litres of safe water per person each day** for drinking and basic food needs. For four people: **112 L for 1 week, 224 L for 2 weeks, 336 L for 3 weeks.** More may be needed for washing, hot weather, babies or illness.

Seven simple days of meals

Day	Breakfast	Lunch	Dinner
1	Oats, milk, peanut butter	Beans, vegetables, crackers	Rice, fish, vegetables
2	Oats, canned fruit	Chickpeas, crackers	Pasta, beans, vegetables
3	Oats, milk, fruit	Fish, crackers, vegetables	Rice, lentils, vegetables
4	Oats, peanut butter	Beans, crackers, fruit	Pasta, chicken, vegetables
5	Oats, milk, fruit	Chickpea salad, crackers	Rice, beans, vegetables
6	Oats, peanut butter	Fish, crackers, fruit	Pasta, lentils, vegetables

Day	Breakfast	Lunch	Dinner
7	Oats, milk, fruit	Beans, vegetables, crackers	Rice, chicken, vegetables

Repeat this plan for weeks two and three. Add enough food at each meal and snacks as needed. Rice, pasta and many oats need water and cooking. If you cannot cook, use ready-to-eat canned foods, crackers, nut or seed butter, and fruit instead.

Easy meals: four steps or fewer

Bean bowl (no stove): 1. Open ready-to-eat canned beans. 2. Drain. 3. Add canned vegetables and a little oil. 4. Eat right away.

Fish and crackers (no stove): 1. Open canned fish. 2. Put on crackers. 3. Add fruit or vegetables. 4. Eat right away.

Rice and beans (stove needed): 1. Use safe water. 2. Cook rice as the package says. 3. Add canned beans and vegetables. 4. Heat and serve.

Oatmeal (stove usually needed): 1. Use safe water. 2. Cook oats as the package says. 3. Add milk or peanut butter. 4. Serve.

Safety first

Keep a hand-operated can opener. Never use charcoal grills, camp stoves or outdoor fuel-burning heaters inside a home, garage or tent. Carbon monoxide can kill. Do not keep opened perishable food without safe refrigeration. Check food allergies. Store a few days of meals that need no stove, water or fridge.

Save money

Buy store brands and watch sales. Add one or two items on each grocery trip. Rotate your supplies. A three-day reserve is a good start. Do not buy expensive emergency kits if ordinary groceries work for your family.