

SURVIVE CASCADIA ON \$1 A MEAL

This is an example of a survival food cache. It will feed two people for a week. This requires 3 meals a day for 7 days for 2 people which is 42 meals plus snacks. We did not use butter or milk with any dry mix. Liquids from cans were used to hydrate pasta. The challenge was to create an appealing, healthful menu for minimum price. The total price came to \$45.31 or \$1.08 per meal. Listed below is a menu for each day with weight, calories, and price of each item. The shopping list is on the following page.

| DAY | ITEM | Weight (oz) | Calories for 2 | Calories for 1 | Cost for 2 | Store |
|----------------------|--------------------------------------|-------------|----------------|----------------|------------|-----------|
| 1 | Maple & Brown Sugar Oatmeal (2) | 2.74 | 320 | 160 | \$0.34 | Walmart |
| | Original Oatmeal (1) | 1.37 | 100 | 50 | \$0.17 | Walmart |
| | Raisins (2) | 2.00 | 180 | 90 | \$0.44 | Walmart |
| | Picate Chicken Ramen Noodle Soup (2) | 6.00 | 760 | 380 | \$0.40 | Walmart |
| | Can of Chunk Chicken Breast (1) | 5.00 | 112.5 | 56.25 | \$0.98 | Walmart |
| | Snack, Hikers Mix (2) | 14.00 | 2240 | 1120 | \$2.00 | \$1 store |
| | Alfredo Broccoli Knorr Pasta (1) | 4.50 | 460 | 230 | \$1.00 | Walmart |
| | Can of Chunk Ham (1) | 5.00 | 225 | 112.5 | \$1.18 | Walmart |
| | | | | 2198.75 | \$6.51 | |
| 2 | Raisin & Spice Oatmeal (3) | 4.11 | 450 | 225 | \$0.52 | Walmart |
| | Raisins (1) | 1.00 | 90 | 45 | \$0.23 | Walmart |
| | Cocoa Hot Chocolate (2) | 1.42 | 160 | 80 | \$0.33 | Walmart |
| | Mac & Cheese (1) | 7.25 | 750 | 375 | \$0.40 | Walmart |
| | Can of Chunk Ham (1) | 5.00 | 225 | 112.5 | \$1.18 | Walmart |
| | Snack, Hikers Mix (2) | 14.00 | 2240 | 1120 | \$2.00 | \$1 store |
| | Creamy Chicken Knorr Pasta (1) | 4.20 | 440 | 220 | \$1.00 | Walmart |
| | Can of Chunk Chicken Breast (1) | 5.00 | 112.5 | 56.25 | \$0.98 | Walmart |
| | | | | 2233.75 | \$6.64 | |
| 3 | Apples & Cinnamon Oatmeal (2) | 2.47 | 260 | 130 | \$0.34 | Walmart |
| | Raisins (2) | 2.00 | 180 | 90 | \$0.44 | Walmart |
| | Chicken Ramen Noodle Soup (2) | 6.00 | 760 | 380 | \$0.40 | Walmart |
| | Can of Chunk Chicken Breast (1) | 5.00 | 112.5 | 56.25 | \$0.98 | Walmart |
| | Snack, Hikers Mix (2) | 14.00 | 2240 | 1120 | \$2.00 | \$1 store |
| | Alfredo Broccoli Knorr Pasta (1) | 4.50 | 460 | 230 | \$1.00 | Walmart |
| | Can of Salmon (1) | 5.00 | 360 | 180 | \$1.00 | \$1 store |
| | | | | 2186.25 | \$6.16 | |
| 4 | Cinnamon & Spice Oatmeal (3) | 4.11 | 510 | 255 | \$0.52 | Walmart |
| | Raisins (2) | 2.00 | 180 | 90 | \$0.44 | Walmart |
| | Can of Chunk Chicken Breast (1) | 5.00 | 112.5 | 56.25 | \$0.98 | Walmart |
| | Alfredo Knorr Pasta (1) | 4.40 | 480 | 240 | \$1.00 | Walmart |
| | Snack, Hikers Mix (2) | 14.00 | 2240 | 1120 | \$2.00 | \$1 store |
| | Chili Ramen Noodle Soup (2) | 6.00 | 760 | 380 | \$0.40 | Walmart |
| | Chicken Bologna | 11.00 | 605 | 302.5 | \$1.00 | \$1 store |
| | | | | 2443.75 | \$6.34 | |
| 5 | Maple & Brown Sugar Oatmeal (2) | 2.47 | 320 | 160 | \$0.34 | Walmart |
| | Original Oatmeal (1) | 1.37 | 100 | 50 | \$0.17 | Walmart |
| | Raisins (1) | 1.00 | 90 | 45 | \$0.22 | Walmart |
| | Cocoa Hot Chocolate (2) | 1.42 | 160 | 80 | \$0.33 | Walmart |
| | Cheddar Broccoli Knorr Pasta (1) | 5.70 | 600 | 300 | \$1.00 | Walmart |
| | Can of Salmon (1) | 5.00 | 360 | 180 | \$1.00 | \$1 store |
| | Snack, Hikers Mix (2) | 14.00 | 2240 | 1120 | \$2.00 | \$1 store |
| | Smokehouse Bacon Knorr Pasta (1) | 4.00 | 420 | 210 | \$1.00 | Walmart |
| Can of Chunk Ham (1) | 5.00 | 225 | 112.5 | \$1.18 | Walmart | |
| | | | | 2257.5 | \$7.24 | |

| | | | | | | |
|---|--------------------------------------|-------|-------|---------|--------|-----------|
| 6 | Apples & Cinnamon Oatmeal (2) | 2.47 | 260 | 130 | \$0.34 | Walmart |
| | Raisins (2) | 2.00 | 180 | 90 | \$0.44 | Walmart |
| | Creamy Chicken Ramen Noodle Soup (2) | 6.00 | 760 | 380 | \$0.40 | Walmart |
| | Can of Chunk Chicken Breast (1) | 5.00 | 112.5 | 56.25 | \$0.98 | Walmart |
| | Snack, Hikers Mix (2) | 14.00 | 2240 | 1120 | \$2.00 | \$1 store |
| | Creamy Garlic Shells Knorr Pasta (1) | 4.40 | 440 | 220 | \$1.00 | Walmart |
| | Can of Salmon (1) | 5.00 | 360 | 180 | \$1.00 | \$1 store |
| | | | | 2176.25 | \$6.16 | |
| 7 | Raisin & Spice Oatmeal (1) | 1.37 | 150 | 75 | \$0.17 | Walmart |
| | Cinnamon & Spice Oatmeal (1) | 1.37 | 170 | 85 | \$0.17 | Walmart |
| | Original Oatmeal (1) | 1.37 | 100 | 50 | \$0.17 | Walmart |
| | Raisins (2) | 2.00 | 180 | 90 | \$0.44 | Walmart |
| | Cocoa Hot Chocolate (2) | 1.42 | 160 | 80 | \$0.33 | Walmart |
| | Mac & Cheese (1) | 7.25 | 750 | 375 | \$0.40 | Walmart |
| | Can of Chunk Ham (1) | 5.00 | 225 | 112.5 | \$1.18 | Walmart |
| | Snack, Hikers Mix (2) | 14.00 | 2240 | 1120 | \$2.00 | \$1 store |
| | Beef Ramen Noodle Soup (2) | 6.00 | 760 | 380 | \$0.40 | Walmart |
| | Chicken Bologna | 11.00 | 605 | 302.5 | \$1.00 | \$1 store |
| | | | | | 2670 | \$6.26 |

\$22.66 cost per person per week

298

TOTAL COST

\$45.31

\$1.08 cost per person per meal

19 lbs

2,309 calories per person per day

WALMART SHOPPING LIST

| QTY | ITEM | COST EACH | STORE | TOTAL |
|-----|--|-----------|---------|--------|
| 2 | Instant Oatmeal, variety pack of 10 | 1.72 | Walmart | \$3.44 |
| 1 | Nestle Mini Marshmallows hot cocoa mix | 1.00 | Walmart | \$1.00 |
| 2 | 6 pk raisins | 1.33 | Walmart | \$2.66 |
| 2 | Mac & Cheese | 0.40 | Walmart | \$0.80 |

Ramen Noodle Soups

| | | | | |
|---|--------------------------------------|------|---------|--------|
| 2 | Picante Chicken Ramen Noodle Soup | 0.20 | Walmart | \$0.40 |
| 2 | Beef Ramen Noodle Soup | 0.20 | Walmart | \$0.40 |
| 2 | Chicken Ramen Noodle Soup (2) | 0.20 | Walmart | \$0.40 |
| 2 | Chili Ramen Noodle Soup (2) | 0.20 | Walmart | \$0.40 |
| 2 | Creamy Chicken Ramen Noodle Soup (2) | 0.20 | Walmart | \$0.40 |

Knorr Pasta

| | | | | |
|---|----------------------------------|------|---------|------|
| 2 | Alfredo Broccoli Knorr Pasta | 1.00 | Walmart | 2.00 |
| 1 | Creamy Chicken Knorr Pasta | 1.00 | Walmart | 1.00 |
| 1 | Alfredo Knorr Pasta | 1.00 | Walmart | 1.00 |
| 1 | Smokehouse Bacon Knorr Pasta | 1.00 | Walmart | 1.00 |
| 1 | Cheddar Broccoli Knorr Pasta | 1.00 | Walmart | 1.00 |
| 1 | Creamy Garlic Shells Knorr Pasta | 1.00 | Walmart | 1.00 |

Canned Meat

| | | | | |
|---|-----------------------------|------|---------|--------|
| 5 | Can of Chunk Chicken Breast | 0.98 | Walmart | \$4.90 |
| 4 | Can of Chunk Ham | 1.18 | Walmart | \$4.72 |

\$1 STORE SHOPPING LIST

| QTY | ITEM | COST EACH | STORE | TOTAL |
|-------------|-------------------|-----------|-----------|---------|
| 3 | Can of Salmon | 1.00 | \$1 store | \$3.00 |
| 2 | Chicken Bologna | 1.00 | \$1 store | \$2.00 |
| 14 | Snack, Hikers Mix | 1.00 | \$1 store | \$14.00 |
| Grand Total | | | | \$45.52 |