

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
	Picante 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	

walmart

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
 \$1.08 cost per person per meal
 2,309 calories per person per day

298
 19lbs

TOTAL COST \$45.31

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

WALMART

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

Ramen Noodle Soups

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

Knorr Pasta

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

Canned Meat

5	Can of Chunk Chicken Breast (1)	0.98	Walmart	\$4.90	\$4.90
4	Can of Chunk Ham (1)	1.18	Walmart	\$4.72	\$4.72

\$1 Store Items

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

Grand Total **\$45.52** **\$45.52**