

# \$45 Emergency Menu for 4 to 6

I've seen various places around the web claim that in an emergency you can feed your family on only \$10 or \$20 a week. While I appreciate their intentions, I have noticed that they all assume you have certain supplies already on hand. In my experience this isn't always the case. Forty-five dollars will seem outrageously abundant to some, while it will seem pitifully small to others. It is the smallest amount I was able to come up with that will provide enough supplies to an empty kitchen to feed an entire family for a week. The servings are ample and a few adjustments allow you to increase the quantities from 4 servings to 6.

## Menus

	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>	<b>Snacks</b>
<b>Monday</b>	Pancakes; Syrup; Orange Juice; Milk; Hot Tea	Lentil & Vegetable Soup with Dumplings; Milk	Pinto Beans; Onions; Hoecakes; Collard Greens; Iced Tea	Cinnamon Toast & Milk for Children; Tea for Adults
<b>Tuesday</b>	Oatmeal; Toast, Margarine & Jelly; Orange Juice; Milk; Hot Tea	Peanut Butter Jelly Sandwiches; Macaroni & Cheese; Carrot Sticks; Milk	Bean Burritos with Homemade Refried Beans & Homemade Tortillas; Fried Onions; Iced Tea	Jelly Filled Muffins & Milk for Children; Tea for Adults
<b>Wednesday</b>	French Toast; Syrup; Orange Juice; Milk; Hot Tea	Batter Bread; Margarine; Spinach; Milk	Creamed Tuna & Peas over Rice; Garlic Toast; Iced Tea	Peanut Butter Tortillas & Milk for Children; Tea for Adults
<b>Thursday</b>	Hot Rice in Milk; Toast, Margarine & Jelly; Orange Juice; Hot Tea	Peanut Butter Jelly Sandwiches; Macaroni & Cheese; Carrot Sticks; Milk	Black Bean Soup with Carrots, Celery & Onions; Cornmeal Muffins; Iced Tea	Cinnamon Toast & Milk for Children; Tea for Adults
<b>Friday</b>	Oatmeal Pancakes; Syrup; Orange Juice; Milk; Hot Tea	Leftover Black Bean Soup; Biscuits; Milk	Hot Dog & Veggie Stir Fry over Rice; Iced Tea	Peanut Butter Tortillas & Milk for Children; Tea for Adults
<b>Saturday</b>	Hot Rice in Milk; Toast, Margarine & Jelly; Hot Tea	Ramen Noodles with Carrots; Celery & Onions; Oatmeal Muffins; Milk	Butter Beans; Scalloped Tomatoes; Garlic Toast; Iced Tea	Biscuits; Jelly & Milk for Children; Tea for Adults
<b>Sunday</b>	Pancakes; Syrup; Orange Juice; Milk; Hot Tea	Lentil Chili; Corn Bread; Baked Custard	Corn Fritters; Steamed Carrots; Macaroni & Cheese; Iced Tea	Cinnamon Toast; Milk for Children; Tea for Adults

# Shopping List

1.92	10 lbs all purpose flour @ 96¢ for 5lbs
0.62	3 pack of yeast
0.77	Baking Powder
1.77	Oatmeal
0.99	3 lbs long grain white rice
0.88	2 lb bag of cornmeal
1.88	5 lbs sugar
1.50	Vegetable Oil
1.76	2 cans frozen orange juice concentrate @ 88¢ each
8.87	20 quart box of instant nonfat dry milk
1.20	2 pounds lentils @ 60¢ a lb
1.30	2 lbs pinto beans @ 65¢ a lb
0.60	1 lb black beans
0.60	1 lb lima beans
1.00	3 boxes Macaroni & Cheese
0.30	3 packs of Ramen Noodles
1.38	2 dozen eggs @ 69¢ a dz
0.96	2 lbs margarine @ 48¢ ea
0.89	1 lb hot dogs
0.89	1 28-oz can tomatoes
0.50	1 15-oz can tomatoes
0.42	15-oz can green peas
0.45	15-oz can corn
0.40	15-oz can greens
0.42	15 oz cans spinach
2.00	5 lb bag carrots
2.00	3 lb bag onions
1.20	1 bunch celery
0.44	6-oz can tuna
1.50	18-oz jar peanut butter
1.00	Jelly
1.00	Pancake Syrup
0.50	Vinegar
0.50	Cinnamon
0.50	Garlic Powder
0.50	Chili Powder
0.25	Salt
0.50	Pepper
1.00	Bouillon Cubes
1.00	100 Count Box of Tea Bags
<b>\$45.16</b>	<b>Total</b>

# Notes

The milk may seem overpriced to some folks, but it is vital for growing children and mom's who are pregnant, nursing or who may become pregnant. If you receive WIC, Food Stamps or have food from a local food bank, you'll be able to do much better than this menu plan. Orange Juice is served every morning but Saturday. The plan assumes four 1/2-cup servings each morning it's served. Orange Juice supplies Vitamin C and Folic Acid, once again, necessary for pregnant mothers and growing children. To serve a hungry family of 6 you'll need to make the following changes:

- Increase the flour to three 5 pound bags & bake 6 loaves of bread at a time instead of 4.
- Buy 3 cans Orange Juice Concentrate instead of 2
- Double the Macaroni and Cheese served for lunches making 2 boxes at a time instead of 1.
- Double the cans of Tuna, Peas, Corn, Greens & Spinach.
- This will increase the total spent to approximately \$48.

## Daily Process

The milk may seem overpriced to some, but it is vital for growing children and mom's who are pregnant, nursing or who may become pregnant. If you receive WIC, Food Stamps or have food from a local food bank, you'll be able to do much better than this menu plan. Orange Juice is served every morning but Saturday. The plan assumes 4 servings of 1/2-cup each for every morning it's served. Orange Juice supplies Vitamin C and Folic Acid, once again, necessary for pregnant mothers and growing children. To serve a hungry family of 6 you'll need to make the following changes:

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- Double the cans of Tuna, Peas, Corn, Greens & Spinach.
- Double the recipe for Creamed Tuna & Peas.
- Double the recipe for Lentil Chili, adding 1 more can of tomatoes to the shopping list.
- This will increase the total spent to approximately \$51.

# Daily Work

**Sunday Night:** Mix up the dough for Overnight Bread. Set it aside to rise. Mix up a gallon of milk and a gallon of Tea. Put both into the fridge to chill. Clean the kitchen. Go to bed.

**Monday:** Begin the week with a hearty breakfast. After the breakfast dishes are done, prepare the vegetables for Lentil Soup, and put the Lentils on to cook. Soak 2lbs of pinto beans in boiling water to cover for 1 or 2 hours. Half of them are for supper tonight and the other half for supper tomorrow. Punch down your bread dough which should be nicely risen by now. Divide it into 4 loaves. Allow it to rise for 1 or 2 hours and then bake. After soaking the pinto beans, boil them until tender and refrigerate. Reheat half of them for dinner and use the other half for tomorrow. Check the milk & iced tea supply, prepare more as necessary.

**Tuesday:** After breakfast prepare enough tortillas for dinner tonight and for 2 snacks during the week; 16 to 20 tortillas should be enough. Store them in a plastic bag in the refrigerator. Prepare a dozen Jelly Filled Muffins for snacks later in the day. Check the milk & iced tea supply, prepare more as necessary.

**Wednesday:** When preparing the rice, make enough for dinner tonight and breakfast in the morning. 2-cups dry rice, cooked in 4-cups of water should be enough. Prepare the dough for Overnight bread before going to bed. Check the milk & iced tea supply, prepare more as necessary.

**Thursday:** Soak the beans in boiling water to cover for about an hour or two. Simmer until tender. Prepare the soup as directed and chill until supper time. Divide the bread dough into 4 loaves and set aside to rise until doubled in bulk. Bake as directed. Check the milk & iced tea supply, prepare more as necessary.

**Friday:** Make enough rice for supper tonight and leftovers for breakfast in the morning. 2-cups dry rice cooked in 4-cups of water should be enough. Check the milk & iced tea supply, prepare more as necessary.

**Saturday:** Soak the lima beans in boiling water to cover for about an hour or 2. Simmer until tender and season as directed. Chill until supper time. Check the milk & iced tea supply, prepare more as necessary.

**Sunday:** Put the lentil chili on to cook and prepare the custard and cornbread to bake at the same time. Check the milk & iced tea supply, prepare more as necessary.

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