

# #6 – FOOD FOR 72-HOURS IN A MILK CARTON AND POP BOTTLE

*And it came to pass that we did return without food to our families,  
and they did suffer much for the want of food.  
1 Nephi 16:19*

**PURPOSE:** Prepare a simple 72-hour emergency food kit for each family member.

**SONG:** “A Song of Thanks,” CS 20

## **MATERIALS NEEDED FOR EACH PERSON:**

- 1 two-liter pop container
- 1 half gallon milk carton (cardboard)
- Food items as suggested below
- FOOD CONTENTS and MENU labels
- Stapler
- Duct Tape
- Scissors

## **INSTRUCTIONS:**

- Wash and dry the pop container and fill with water.
- Wash and completely dry the milk cartons, or purchase unused cartons.
- Put the cans into the milk carton first, then add the drink and soup packets diagonally.
- Stuff the granola bars, gum, jerky, trail mix, and fruit rolls in around the cans.
- The can can be strewn throughout the carton, filling any small gaps.
- Tuck the gum into gaps or wedges where it will fit.

This packing requires some time, but it does work. The crackers will get crushed, but since they're eaten in the soup that's okay.

When the carton is packed full(it will be a tight fit), staple the top of the carton shut. It's easier to have someone hold the top closed while you staple. Next, tape the top with duct tape, then tape the filled pop container to the carton. Tape a FOOD CONTENTS and a MENU label to each carton and record the assembly date.

Your kit is now complete. Rotate the kits every two years so the food retains its nutritional value and remains fresh.

## 72-HOUR EMERGENCY FOOD CONTENTS

DATE \_\_\_\_\_

- 2 packages chewing gum
- 2 packages hot chocolate mix
- 1 ½ cups trail mix
- 2 sticks beef jerky
- 2 packages apple cider mix
- 1 small can apple juice
- 4 granola bars
- 13 pieces hard candy
- 2 fruit rolls
- 3 packages soda crackers
- 1 can hearty soup
- 2 instant soup mix packages
- 1 two-liter pop container filled with water

## MENU

- |       |            |   |
|-------|------------|---|
| DAY 1 | Breakfast: | 2 granola bars<br>1 can apple juice                       |
|       | Lunch:     | 1 package soup mix<br>1 package soda crackers             |
|       | Dinner:    | 1 stick beef jerky<br>1 fruit roll                        |
|       | Snacks:    | 4 pieces candy<br>3 sticks gum                            |
| DAY 2 | Breakfast: | ¾ cup trail mix<br>1 package hot chocolate                |
|       | Lunch:     | 1 stick beef jerky<br>1 apple cider mix                   |
|       | Dinner:    | 1 can soup<br>1 package soda crackers                     |
|       | Snacks:    | 5 pieces candy<br>4 sticks gum                            |
| DAY 3 | Breakfast: | ¾ cup trail mix<br>1 package hot chocolate                |
|       | Lunch:     | 1 package soup mix<br>1 package soda crackers             |
|       | Dinner:    | 2 granola bars<br>1 fruit roll<br>1 package hot chocolate |
|       | Snacks:    | 4 pieces candy<br>3 sticks gum                            |
|       | WATER      | 2 liters  |