## Book Logo 3.JPGCHECKLIST - SURVIVAL FOOD

Following is a list of consideration points for survival food selection. The options for personal choices and needs involve a number of these considerations. This checklist is here to help you know what you want or need before you shop. Hopefully, this checklist will help simplify the process.

**Check the items that are important to you before you shop:**

❑ 72 hour kits, 30 day kits, 3 month kits, etc.

❑ Cost

❑ Freeze dried kits, dehydrated kits, cans and MREs

❑ Entrées only or breakfast and lunch as well

❑ Cost per serving & serving sizes

❑ Best value and price

❑ Nutrition & calories

❑ Diet needs

❑ Vegetarian

❑ Gluten free

❑ Soy free

❑ GMO free

❑ Taste & Quality

❑ Sample packs available?

❑ Customized packages?

❑ Does it need water added?

❑ Does it need cooking or warming?

❑ Flameless Heater

❑ Shelf life

❑ Pet foods available?

❑ Does the company provide financing?

❑ What is the company's return policy?

**How Much To Buy**

How many days of supply: 30

Times the number of people: 4

Times the number of meals per person: 3

Equals the number of meals required: 360 meals

**SURVIVAL KITS**

❑ See the end of Chapter 2 (The Plan) for these checklists.