## 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.