READY & RESOURCEFUL / NO-COOK FOOD

Plan meals you can actually use

Planning worksheet - not a nutrition prescription or food-safety certification

People: _____ Days: _____ Meals per day: _____ Complete meal slots: _____

At 3 meals daily: people x days x 3. Two people for three days = 18 individual meals, not 18 cans.

Use actual labels, suitable portions and care requirements. Keep water, snacks and specialist feeding separate.

Meal	Ingredients and quantities	For whom?	Opening / storage
Day 1 Breakfast			
Day 1 Lunch			
Day 1 Evening			
Day 2 Breakfast			
Day 2 Lunch			
Day 2 Evening			
Day 3 Breakfast			
Day 3 Lunch			
Day 3 Evening			

Packing checks

[ ] The exact products are ready to eat without heat or rehydration.

[ ] The portions suit the eaters, including allergens and texture needs.

[ ] The intended person can open and serve every pack.

[ ] Opened portions can be finished safely or stored as instructed.

Find the gaps before shopping

Check existing supplies first, then record only what is missing

Complete meals needed: _____ Already covered: _____ Gap: _____

Complete meals per combination pack: _____ Packs needed (round up): _____

A combination pack includes all components for the stated meals. A manufacturer serving is not necessarily a complete meal.

Missing food / supply	Quantity	Est. cost	Label / storage note

Before you count a food as ready

[ ] Package is intact and uncontaminated; dates and instructions checked.

[ ] Unopened storage and preparation instructions fit this no-cook plan.

[ ] Manual opener, suitable utensils, hygiene supplies and drinking water are ready.

[ ] Baby feeding, medical diets and allergies have separate suitable arrangements.

[ ] I tried a meal safely without appliances and recorded missing components.

Storage location: _____ Review date: _____

Safety reminder: opening a shelf-stable pack changes its storage requirements. Do not save perishable leftovers without safe refrigeration. Never taste food to establish safety. Do not use outdoor cooking equipment indoors.

Primary references and regional guidance: CDC emergency food safety; USDA shelf-stable food and leftovers guidance; UK Food Standards Agency power-cut and cooking guidance. Full links and explanations are in the guide above.