

## WHAT DOES 14 DAYS OF FOOD LOOK LIKE?

### How many calories does a person need to survive?

Women who eat **1,200 calories** and men who consume 1,500 calories a day will likely lose weight. To maintain current body weights, women often require 1,600 to 2,400 calories daily, while many adult men need 2,000 to 3,000 calories a day, according to the publication "Dietary Guidelines for Americans, 2010."

Example:

2 - 48oz jars of Skippy Extra Chunky Peanut Butter (95 total servings)  
Recommended serving size is 2 Tbsp (32g) = 190 calories / serving

- Women: 1200 calories / 190 calories = 6 servings or 12 Tbsp / day  
6 servings / day or 12 Tbsp / day x 14 days = 84 servings / person
- Men: 1500 calories / 190 calories = 8 servings or 16 Tbsp / day  
8 servings / day or 16 Tbsp / day x 14 days = 128 servings / person

A person can supplement their calorie intake with dried nuts, dried fruit, protein shakes, protein bars and if necessary, canned meats, soups, etc.

<http://www.livestrong.com/article/310517-minimum-amount-of-calories-needed-per-day-to-survive/>



## HOW MUCH WATER IS NEEDED IN EMERGENCIES?

Table 9.1. Simplified table of water requirements for survival (per person)

TYPE OF NEED	QUANTITY PER DAY	COMMENTS
Survival (drinking and food)	2.5L or 10 c or 1/2 g	Depends on climate and individual physiology
Basic hygiene practices	2L or 8 c or little less than 1/2 g	Depends on social and cultural norms
Basic cooking needs	3L or 13 c or little more than 1/2 g	Depends on food type, social and cultural norms
<b>TOTAL</b>	7.5L or 31c or 1.5 g	L=Liters; g=Gallon; c=Cups

14 day minimum drinking water supply for emergency survival = 7 Gallons of water per person. Example: 1 - 10 g Water Cooler or 2 – 5 g jugs or 7 – 1G Clorox or Juice jug or 35 – 2L empty soda bottles

[http://www.who.int/water\\_sanitation\\_health/publications/2011/tn9\\_how\\_much\\_water\\_en.pdf](http://www.who.int/water_sanitation_health/publications/2011/tn9_how_much_water_en.pdf)

