

# **Food Assessment Worksheet**

*Making sure you have 'enough'*

**GUIDELINES TO KEEP IN MIND:** The average person requires roughly 2,000 calories a day. In a SHTF situation, those needs will surely go up. It is better to have more calories (or servings) than not enough. Some sources say to focus on calories, others say serving size. It will be up to you how you want to base your quantities stored.

**NUMBER OF PEOPLE PREPARING FOR:** \_\_\_\_\_Adults      \_\_\_\_\_Child(ren)      \_\_\_\_\_Pet(s)

**DURATION GOAL:** \_\_\_\_\_HOURS      \_\_\_\_\_DAYS      \_\_\_\_\_WEEKS      \_\_\_\_\_MONTHS

**SERVINGS NEEDED PER DAY/PERSON:** 6 GRAIN, 4 EA FRUIT & VEGETABLE, 2-3 DAIRY, 6 OZ MEAT/PROTIEN

**TOTAL SERVINGS NEEDED:**    \_\_\_\_\_GRAIN      \_\_\_\_\_FRUIT      \_\_\_\_\_VEGETABLE      \_\_\_\_\_DAIRY  
                                         \_\_\_\_\_MEAT/PROTIEN      \_\_\_\_\_OTHER (SWEETS, DRINK MIXES, FATS)

GRAINS

FRUIT/VEGETABLE

DAIRY

MEAT/PROTIEN

FATS/SWEETS

OTHER