72h

3-day no-cook meal plan and shopping list

Take the shopping list with you, then keep the plan with your food.

Everything can be eaten cold, straight from the tin or packet. Choose **small tins and packs** you can finish in one go, because there is no fridge for leftovers. Keep a **manual tin opener** with it. Swap anything for food your household already eats, and check labels for allergies.

	Day 1	Day 2	Day 3
Breakfast	Cereal with UHT milk, fruit pot	Oat bars, apple or banana, juice carton	Long-life brioche rolls, fruit pot
Lunch	Tuna and sweetcorn on crackers	Peanut butter wraps, dried apricots	Tinned ham with crispbreads, tinned carrots
Dinner	Mixed bean salad with tinned chicken, oatcakes	Mackerel, tinned new potatoes and sweetcorn	Chickpea, sweetcorn and tinned salmon salad
Snacks	Nuts, chocolate	Rice pudding pot (fine cold), crisps	Raisins, biscuits

Shopping list

Item	Per person	× people
Small tins of fish or meat	4 to 5	
Tins of beans, chickpeas or lentils	3	
Tins of vegetables	3 to 4	
Crackers, oatcakes or crispbreads	2 packs	
Long-life bread, wraps or brioche	1 to 2 packs	
Breakfast cereal	1 small box	
UHT milk, small cartons	3	
Fruit pots or pouches	3	
Oat or cereal bars	1 pack	
Peanut butter or spread	1 jar	
Rice pudding or custard pots	2	
Nuts, raisins, dried fruit	2 bags	
Fruit juice cartons	2 to 3	
Bottled water (drinking)	9 litres	

In a power cut, eat in this order

1. **Fridge first.** It stays cold for up to about 4 hours. Keep the door shut.
2. **Then the freezer.** Full: up to about 48 hours. Half full: about 24 hours.
3. **Then this no-cook food.**

Food Standards Agency estimates. If in doubt, throw it out.

Babies and children

Use ready-made or ready-to-feed formula, as you may not be able to boil water. Keep children's food familiar: cereal, fruit pouches, breadsticks, rice pudding.

Never cook indoors on a barbecue, camping stove or patio heater. They give off carbon monoxide.

Every six months: check dates, use the oldest tins in normal meals and restock.