

A sample menu for a fortnight's emergency supplies

1. (make bread) Lentil soup and bread
2. Baked beans with sardines and bread
3. Stew using corned beef, stock cubes, tinned vegetables and dried peas, with dumplings
4. Jar of curry sauce and tinned chickpeas with rice
5. Falafels from dried mix with curry sauce and rice
6. Pasta with tomato passata
7. (make bread) nut burgers from dried mix with left over tomato sauce, mushy peas and bread
8. Lentil dahl and rice
9. Baked beans with sardines and bread
10. Tinned tuna with tomato sauce and rice
11. Pasta with tomato passata
12. (make bread) broad bean stew and dumplings
13. Lentil soup and bread
14. Thai curry with tinned butter beans, cashews and rice

Porridge for breakfasts. Tea and coffee for morale!

Boost each recipe with as much fresh food as possible - from your garden, from community food sharing, from rations brought in. Fresh meat and dairy produce could be in short supply; keep butter and eggs for cooking. You may not have the use of an oven if mains supplies are down – make pan breads.



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Basic items for 32 litre stack box – one person's supplies	Use by dates		Use by dates
Plain flour 500g		pasta 500g bag	
Bread flour 1.5kg		suet packet	
Tin of dried bread yeast		Porridge oats 500g	
Red lentils 500g		Tinned chickpeas	
Bicarbonate of soda		tinned butter beans	
Lemon juice		corned beef tin	
Jar of coconut oil		Falafel mix	
half a dozen stock cubes		Tin of broad beans	
Gravy granules		UHT milk 2 x 500ml	
baked beans x 2		Small tin of evaporated milk	
sardine tins x 2		parmesan (Italian) cheese	
Tuna tin		Peanut butter	
rice 500g		Coffee 100 g tin	
curry sauce jar		Dried milk (to make 6 pints)	
passata packs x 2		Teabags (40)	
Tin of coconut milk		Small jar of yeast extract	
Sachet of Thai curry paste		Soft brown sugar 500g	
tube of tomato puree		Small packet cashew nuts	
tomato ketchup		Dried peas 250g	
dried nut roast or burger mix		And don't forget to store water! 2 litres per person/day	

The Resilience Handbook is an instruction manual – use it to teach yourself practical resilience!

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**Talks, workshops and consultations provided
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