

Menus – Examples by Dorothy Heydt of University of California, Berkeley

Breakfast-Day 1	Breakfast-Day 2	Breakfast-Day 3
Cereal	Instant Oatmeal	Granola Bar
Powdered Milk	Fruit Roll	Granola Bar
Fruit Cup	Box of Apple Juice	Box of Grapefruit Juice
Box of OJ	Hot Cocoa/Ice Tea	Hot Cocoa/Ice Tea
Lunch-Day 1	Lunch-Day 2	Lunch-Day 3
Cup of Soup	Beef Jerky	Box of OJ
Saltine Crackers	Peanuts	Cheese & Crackers
Box of Apple Juice	Applesauce Cup	Fruit Cup
Pudding Cup	Box of Grape Juice	Granola Bar
Dinner-Day 1	Dinner-Day 2	Dinner-Day 3
Corned Beef Hash	Chili with Beans	Beef Stew
Applesauce Cup	Saltine Crackers	Bread Sticks
Box of Grape Juice	Box of OJ	Box of OJ
Granola Bar	Tapioca Pudding Cup	Fruit Cup

Items for kids:

Though you may not have kids, you may still be surrounded by many kids in an emergency, so here are some ways to help.

In child's kit, include the following items: books, coloring books, colored pencils, stickers, string, clothespins, feather, straws, wooden blocks, marbles, metal washers. Here is a list of games you can play:

CREATIVE GAME LIST by Dorothy Heydt of University of California, Berkeley

This is a list of games that children can play out of everyday items.

Clothespins -

1. Drop in a bottle
2. Pitch at a target
3. Clothesline relay

3. Telephone

Paper Plates -

1. Toss through a wire coat hanger

Wooden Blocks -

1. Print letters on cubes. Roll cubes to spell words. First one to complete 10 words wins.

Straws -

1. Marble Blow Relay
2. Bean Relay

Marbles -

1. Roll them at a target
2. Toss them in a box
3. Old Fashioned Marble Game

Spoons -

1. Carry Ball
2. Flip Beans at target
3. Carry Cotton Balls

Metal Washers -

1. Toss them into numbered cups.

Feathers -

1. Feather Volleyball: blow feather over string or net

Paper Cups -

1. Tossing Games
2. Blowing Relay

2. Toss them at a target
3. Blow them over the line relay