

Keep yourself and your family healthy

Menu for one week

Day	Breakfast	Lunch	Dinner
1	Porridge Dried fruit Milk	Baked Beans Crackers Canned fruit	Pasta Tuna Cheese sauce Dried vegetables
2	Cereal Canned fruit Milk	Soup Crackers Muesli bar	Chilli Beans Rice Dried vegetables Instant pudding
3	Porridge Dried fruit Milk	Canned spaghetti Crackers Dried fruit and nuts	Old fashioned soup with added dried vegetables Canned fruit Creamed rice
4	Cereal Canned fruit Milk	Instant noodles Tuna Crackers Muesli bar	Pasta Pasta sauce Dried vegetables Biscuits
5	Porridge Dried fruit Milk	Baked beans Crackers Canned fruit	Salmon and corn risotto (made with soup mix) Muesli bar
6	Cereal Canned fruit Milk	Soup Crackers Dried fruit and nuts	Rice crackers and salsa Rice with canned fish, canned corn, beetroot
7	Porridge Dried fruit Milk	Instant noodles Tuna or salmon Muesli bar	Old fashioned soup with added dried vegetables Instant pudding Canned fruit

Extras: Fruit drink (Vitamin C fortified powder), Biscuits, Dried fruit and nuts, Milo, Tea, Coffee

Shopping list

Item	Quantity
Rolled oats	1 kg
Box cereal x 500g	1
Milk powder	1.5kg
Sugar	1kg
Pasta	2 bags
Instant noodles	1 x 5 pack
Crackers	7 packets
Rice crackers	1 packet
Biscuits	4 packets
Muesli bars	3 boxes
Dried fruit – assorted	2.5 kg
Dried vegetables	7 x 4 serving bags
Canned beetroot	1 x 400g can
Canned corn	2 x 400g cans
Canned fish	4 x 185g cans
Baked beans	4 x 400g cans
Canned spaghetti	2 x 400g cans
Chilli beans	1 x 400g can
Canned soup	4 x 400g cans
Old fashioned soup mix (with barley, split peas etc)	4 bags
Packet soup mix	3
Chicken noodle soup mix	3
Salsa	1 jar
Nuts	1 kg
Mixed fruit and nuts	1 kg
Canned fruit	7 x 400g cans
Creamed rice	2 x 400g cans
Vitamin C enriched Fruit drink powder	9 packets
Instant pudding	2 x 100g packets
Coffee	100g refill bag
Milo	600g bag
Tea bags	Small box

Cost on 8 May 2007: \$168.00 – Pak N Save

For more information about how to survive a pandemic influenza, go to: www.moh.govt.nz or www.pandemicroadshow.org.nz

Canterbury Civil Defence and Emergency Management Group, Canterbury District Health Board, Community and Public Health along with many other partners have worked together to bring the Pandemic Survival Roadshow to Canterbury communities.

The Pandemic Survival Roadshow
Are you ready?