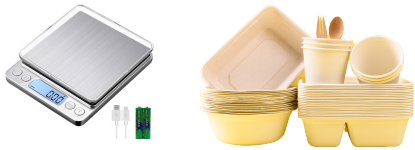


COOKING TIPS

Prepare to cook in situations where you have power, but no access to a kitchen such as; hospitals, hotels, and evacuation shelters. Also prepare for situations where you may be sheltering in place but do not have power.



Always have a backup scale with batteries, disposable plates and utensils, trash bags, and meal plans printed on paper!



A few very helpful small appliances to consider are personal size tea kettles, blenders, slow cookers, waffle makers, and mug warmers. All can safely be used in small spaces, are easy to pack, and require minimal cleaning.



In situations where you do not have power, consider a portable camp stove, a highly efficient "Jet Boil" along with enough fuel canisters to last 3+ days. Don't forget your grill! Multiple battery banks will be helpful to charge personal devices.

Assemble all items in a container that is easy to transport such as a bin, backpack or rolling suitcase. Include 3 days of printed meal plans using the food items in the kit. Store the kit and water together in an accessible location.

Choose individual serving-sized packages when possible to avoid the need for refrigeration after opening.

Pouches are lighter weight and easier to pack than cans and jars. Cans with pull-tabs are the next best option.

Include keto utensils i.e. mini scrapers, food/medication syringes, formula, and other specialty food items.

Practice preparing the meals you have included in your kit to try out their taste as well as ease of preparing them, i.e. without electricity. Set time aside to do this twice per year. This will also provide an opportunity to rotate and replace food items according to their expiration date.

***DRAFT - please share edits with Dawn
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3-DAY KETO SURVIVAL FOOD KIT

Food items & tips for maintaining ketogenic metabolic therapies when the unexpected happens

By: Dawn Martenz



Charlie Foundation
FOR KETOGENIC THERAPIES

www.charliefoundation.org

FOOD ITEMS

ALL ITEMS RECOMMENDED SHOULD BE SUGAR FREE AND FREE FROM ADDED INGREDIENTS.



Protein

Chicken/turkey/tuna/salmon pouches
Jerky/Dried meat sticks
Pepperoni/cured meats
Sardines/kippers
Canned sausage
Corned beef/ham
Cheese (Babybel in wax)
Cheese chips
Nuts/nut butter packets
Hemp, chia, sunflower seeds
Protein powder

Fat

Oils: olive, coconut, MCT, avocado
Ghee packets
Mayonnaise packets
Olives
Macadamia/pili nuts
Shelf stable heavy cream



Water & Hydration

Do not underestimate hydration needs!
Have enough water for at least 3 days.

The easiest way to store water is to buy 2.5, 3, or 5 gallon water jugs and regularly rotate the supply keeping the water fresh.

Keep a manual pump on hand to easily dispense water from heavy jugs.

Include favorite beverages such as unsweetened electrolyte packets, tea, instant coffee, nut milk, and broth



Carbohydrate

-Jarred/canned/freeze-dried veggies: green beans, spinach/collards/greens, carrots, mushrooms, cauliflower, tomato, asparagus, sauerkraut/cabbage, okra, hearts of palm, artichoke
-Jarred/pouch/freeze-dried fruits: applesauce, pumpkin/squash, berries
Salsa & other condiment packets
Dill pickles
Boxed soups
Gardineria vegetable mix
Low-carb tortillas
Keto snacks: crackers, baked items, bars

