# HOW MUCH EMERGENCY FOOD DO I NEED FOR A FAMILY OF FOUR?

Ready.gov says to store at least a several-day supply of non-perishable food, and FDA uses 2,000 calories a day as a general guide. For a family of four that is about 24,000 calories for three days, 112,000 for two weeks and 240,000 for 30 days. Add food for any special dietary needs.

## THE STEPS

01 Count person-days: people times days. Four people for three days is 12 person-days.

02 Plan about 2,000 calories per person per day, FDA's general guide. Your needs vary with age, size and activity.

03 Family of four: about 24,000 calories for 3 days, 112,000 for 14 days, 240,000 for 30 days.

04 Choose foods your family will eat, and remember special dietary needs and food for infants (Ready.gov).

05 Read the calories on any ready-made pack and divide by the person-days it claims. Some packs deliver under 1,500 a day.

06 Add pet food and extra water (Ready.gov).

## THE CHECKLIST

- ☐ Calories counted, not just servings
- ☐ Dietary needs and allergies covered
- ☐ A manual can opener
- ☐ Water for drinking and sanitation
- ☐ A rotation date

**Sources:** Ready.gov, Food; FDA, Calories on the Nutrition Facts Label; Ready.gov, Build a Kit. Last reviewed November 17, 2026. General planning information, not medical, legal or financial advice.