Ready Steady *Prep*

3-DAY EMERGENCY FOOD LIST · 1 PERSON

Food for 3 days: *vegans*

A balanced, no-cook food store for power cuts, floods and water outages. Mostly tins and long-life packs, with protein, starchy food, fruit and veg at every meal. Tick each item as you add it to the cupboard.

BREAKFAST

- [ ] **Fortified cereal or muesli** — 150 g (3 bowls)
  Pick one fortified with B12 and iron.
- [ ] **UHT soya or oat milk, fortified** — 3 × 200 ml
  Choose one with added calcium and B12.
- [ ] **Fruit in juice, tinned** — 3 × 140 g tins
  Choose fruit in juice, not syrup.

PROTEIN

- [ ] **Baked beans** — 2 × 415 g tins
  Most are vegan. Check the label.
- [ ] **Chickpeas, tinned** — 1 × 400 g tin
  Drain and add to rice or crackers.
- [ ] **Green or brown lentils, tinned** — 1 × 400 g tin
  Ready to eat. Good with tomatoes.
- [ ] **Silken tofu, long-life carton** — 1 × 350 g carton
  Keeps unopened without a fridge.
- [ ] **Peanut butter** — 1 × 340 g jar
  Skip if anyone has a nut allergy.

STARCHY FOOD

- [ ] **Microwave rice pouches** — 2 × 250 g
  Already cooked, so safe to eat cold.
- [ ] **New potatoes, tinned** — 1 × 300 g tin
  Drain and eat cold or warmed.
- [ ] **Oatcakes or crackers** — 1 × 250 g pack
  Check for milk or butter.

FRUIT AND VEG

- [ ] **Lentil or vegetable soup** — 1 × 400 g tin
  Check for cream or butter.
- [ ] **Sweetcorn, tinned** — 1 × 198 g tin
- [ ] **Chopped tomatoes, tinned** — 1 × 400 g tin
  Stir through rice, lentils or beans.
- [ ] **Dried fruit** — 150 g
  Raisins, apricots or dates.
- [ ] **Long-life fruit juice** — 3 × 200 ml
  Counts as one of your 5 a day.

SNACKS AND COMFORT

- [ ] **Unsalted nuts and seeds** — 150 g
  Skip nuts if anyone has an allergy.
- [ ] **Vegan cereal bars** — 3 bars
  Easy energy on the move.
- [ ] **Dark chocolate (dairy-free)** — 100 g
  Many dark chocolates are vegan. Check.
- [ ] **Tea, coffee** — Sachets for 3 days
  Needs a safe way to boil water.

HOW THE 3 DAYS MIGHT LOOK

	BREAKFAST	LUNCH	DINNER
Day 1	Cereal, soya milk and fruit	Chickpeas, sweetcorn and crackers	Lentils and tomatoes with rice
Day 2	Cereal, soya milk and fruit	Peanut butter on oatcakes, dried fruit	Baked beans with potatoes
Day 3	Cereal, soya milk and fruit	Silken tofu with crackers	Lentil soup with rice and beans

Plus snacks each day: nuts, a bar, dried fruit, chocolate and a juice.

Scale it up. This is for 1 adult for 3 days, about 2,000 kcal a day. Multiply by the people in your home. Children and older people may need less.

Bring a tin opener. A manual one, even if your tins have ring pulls. Add a spoon and a bowl or two.

Allergies and medical diets. Adjust for anyone with an allergy, diabetes, coeliac disease or a special diet. Add baby food and formula if you need it.

Water is separate. Store drinking water too. See our water guide for how much and how to store it.

Check and rotate. Look at best-before dates every 6 months. Eat the oldest and replace them.

No power? Everything here can be eaten cold. Only heat food with a camping stove outside or in a well-ventilated space.

Based on the UK Government's Be Ready advice: **beready.campaign.gov.uk**

More free guides: **readysteadyprep.co.uk**

Power cut? Call **105**. Medical advice? Call NHS **111**. Emergency? Call **999**.

Version: Nov 2026