Ready Steady *Prep*

3-DAY EMERGENCY FOOD LIST · 1 PERSON

Food for 3 days: *meat eaters*

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

- [ ] **Muesli or granola** — 150 g (3 bowls)
  Eat with UHT milk. No cooking needed.
- [ ] **UHT milk** — 3 × 200 ml
  Keeps for months unopened. Use within a day once open.
- [ ] **Fruit in juice, tinned** — 3 × 140 g tins
  Choose fruit in juice, not syrup.

PROTEIN

- [ ] **Tuna in spring water** — 1 × 145 g tin
  Ring-pull tins save needing an opener.
- [ ] **Mackerel in tomato sauce** — 1 × 125 g tin
  Oily fish, with omega-3.
- [ ] **Chicken breast in brine** — 1 × 200 g tin
  Good cold in a wrap or with crackers.
- [ ] **Chilli con carne** — 1 × 400 g tin
  Eat cold or warm in the pan.
- [ ] **Beef stew or chicken curry** — 1 × 400 g tin
  A proper hot meal if you can heat it.

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
  Seal the pack again with a clip.

FRUIT AND VEG

- [ ] **Sweetcorn, tinned** — 1 × 198 g tin
- [ ] **Peas and carrots, tinned** — 1 × 300 g tin
- [ ] **Lentil or vegetable soup** — 1 × 400 g tin
  Fine cold. Better warm.
- [ ] **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** — 150 g
  Skip if anyone has a nut allergy.
- [ ] **Cereal or protein bars** — 3 bars
  Easy energy on the move.
- [ ] **Dark chocolate** — 100 g
  A small comfort goes a long way.
- [ ] **Tea, coffee, hot chocolate** — Sachets for 3 days
  Needs a safe way to boil water.

HOW THE 3 DAYS MIGHT LOOK

	BREAKFAST	LUNCH	DINNER
Day 1	Muesli, milk and fruit	Tuna, crackers and sweetcorn	Chilli con carne with rice
Day 2	Muesli, milk and fruit	Chicken with oatcakes, peas and carrots	Beef stew or curry with potatoes
Day 3	Muesli, milk and fruit	Mackerel on oatcakes, dried fruit	Lentil soup with rice

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

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3-DAY EMERGENCY FOOD LIST · 1 PERSON

Food for 3 days: *vegetarians*

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

- [ ] **Muesli or granola** — 150 g (3 bowls)
  Eat with UHT milk. No cooking needed.
- [ ] **UHT milk** — 3 × 200 ml
  Keeps for months unopened. Use within a day once open.
- [ ] **Fruit in juice, tinned** — 3 × 140 g tins
  Choose fruit in juice, not syrup.

PROTEIN

- [ ] **Baked beans** — 2 × 415 g tins
  Good cold, better warm.
- [ ] **Chickpeas, tinned** — 1 × 400 g tin
  Drain and add to rice or crackers.
- [ ] **Vegetable chilli or bean curry** — 1 × 400 g tin
  Check the label says vegetarian.
- [ ] **Lentil soup** — 1 × 400 g tin
  Protein and fibre in one.
- [ ] **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
  Seal the pack again with a clip.

FRUIT AND VEG

- [ ] **Sweetcorn, tinned** — 1 × 198 g tin
- [ ] **Peas and carrots, tinned** — 1 × 300 g tin
- [ ] **Chopped tomatoes, tinned** — 1 × 400 g tin
  Stir through rice 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.
- [ ] **Cereal or protein bars** — 3 bars
  Check for gelatine if that matters to you.
- [ ] **Dark chocolate** — 100 g
  A small comfort goes a long way.
- [ ] **Tea, coffee, hot chocolate** — Sachets for 3 days
  Needs a safe way to boil water.

HOW THE 3 DAYS MIGHT LOOK

	BREAKFAST	LUNCH	DINNER
Day 1	Muesli, milk and fruit	Chickpeas, sweetcorn and crackers	Vegetable chilli with rice
Day 2	Muesli, milk and fruit	Peanut butter on oatcakes, dried fruit	Baked beans, potatoes, peas and carrots
Day 3	Muesli, milk and fruit	Baked beans with crackers	Lentil soup with rice and tomatoes

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.

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Food for 3 days: *vegans*

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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.

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