WHAT DOES 14 DAYS OF FOOD LOOK LIKE?

How many calories does a person need to survive?

Women who eat **1,200 calories** and men who consume 1,500 calories a day will likely lose weight. To maintain current body weights, women often require 1,600 to 2,400 calories daily, while many adult men need 2,000 to 3,000 calories a day, according to the publication "Dietary Guidelines for Americans, 2010."
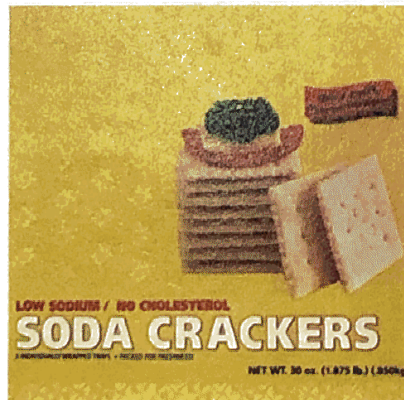
Example:
2 - 48oz jars of Skippy Extra Chunky Peanut Butter (95 total servings)
Recommended serving size is 2 Tbsp (32g) = 190 calories / serving

- Women: 1200 calories / 190 calories = 6 servings or 12 Tbsp / day
  6 servings / day or 12 Tbsp / day x 14 days = 84 servings / person

- Men: 1500 calories / 190 calories = 8 servings or 16 Tbsp / day
  8 servings / day or 16 Tbsp / day x 14 days = 112 servings / person

A person can supplement their calorie intake with dried nuts, dried fruit, protein shakes, protein bars and if necessary, canned meats, soups, etc.

http://www.livestrong.com/article/310517-minimum-amount-of-calories-needed-per-day-to-survive/

EXAMPLE of 1-Person's 14-day Emergency Supply Evacuation Kit on wheels that includes 7 gallons of water, food, sleeping bag and basic necessities.
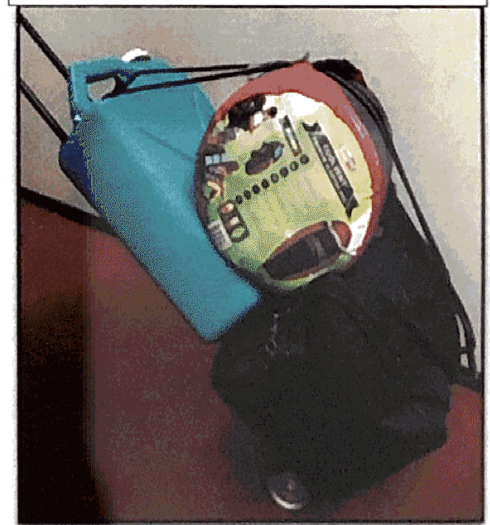
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