

Calculation of Water, Food and Provisions for EACH PERSON

Each person will consume and should have the minimum of the following items: Food, water, medicines, a firearm, ammunition for that firearm, clothing for all seasons. The best way to ensure you have everything is to gather your household members and Extended Family and Friends and “brainstorm.” Talk about it! Speak out loud and visualize what you each will need for all seasons of the year. This must include simple things like cooking fuel, per person. Have one or two members act as “recorders” and put everything thought of down on paper. Make a list and distribute and then be persistent until each person has these items.

Water... The Triple-One Rule of Thumb. This rule of water use will give each person in your NPP drinking, minimal cooking and “sponge bathing” water of **One Gallon for One Person for One Day**. This depends, obviously on the time of year, your climate, and individual needs. In hot months you will need more. But this rule will generally keep all Group Members functioning adequately. You should have as much water in storage as possible and your NPP should have an identified renewable safe water source.

Calories of Emergency Food Stored. A simple rule of thumb is to calculate **2000 calories of food requirement per day for each person**. This number “2000” will be used below to calculate your **Number of Days of Emergency Food Stored**. There is a Calorie Chart at the bottom of the next page that you can reference for a more detailed calculation of individual food needs in calories. If you go to our website CivilDefenseManual.com, the form can be either printed or filled in on your computer and it will automatically calculate your food stored. Always keep hardcopies, as computers become paperweights after some Catastrophic Events when their 1s and 0s go to digital heaven. Or copy the form on the next page to list and calculate your “Calories of Emergency Food Stored” from all the items of Emergency Food you have.

To calculate the “Calories of Emergency Food Stored” you have to...

1. Multiply the “Calories per Serving” times the “Servings per Container” in each container.
2. Multiply that times the number of identical sized containers you have.
3. Perform this calculation for each of your food items for a Calories Subtotal.
4. Then add up Calories Subtotal column of all food items to get your Total number for “**Calories of Emergency Food Stored**”.

‘Number of Days of Emergency Food Stored.’ This will tell you how many days of Emergency Food your household will have to live on.

1. To calculate take the Total Number of “Calories of Emergency Food Stored” from your form below.
2. Divide that by the Number of Persons (household members and Extended Family and Friends) that will be eating out of these Emergency Food stores.
3. That number will be the Number of Calories of Emergency Food for each Person.
4. Divide that number by 2000 (Or by the Individual Calorie Needs using the Calorie Chart below.)
5. This will give you the “**Number of Days of Emergency Food Stored**” for your household.

Individual Calorie Needs

| Estimated Calorie Requirements (in Kilocalories) for Each Gender and Age Group at Three Levels of Physical Activity^a | | | | |
|--|-------------|---------------------------------|--------------------------------|--------------------------|
| Gender | Age (years) | Activity Level ^{b,c,d} | | |
| | | Sedentary ^b | Moderately Active ^c | Active ^d |
| Child | 2-3 | 1,000 | 1,000-1,400 ^e | 1,000-1,400 ^e |
| Female | 4-8 | 1,200 | 1,400-1,600 | 1,400-1,800 |
| | 9-13 | 1,600 | 1,600-2,000 | 1,800-2,200 |
| | 14-18 | 1,800 | 2,000 | 2,400 |
| | 19-30 | 2,000 | 2,000-2,200 | 2,400 |
| | 31-50 | 1,800 | 2,000 | 2,200 |
| Male | 51+ | 1,600 | 1,800 | 2,000-2,200 |
| | 4-8 | 1,400 | 1,400-1,600 | 1,600-2,000 |
| | 9-13 | 1,800 | 1,800-2,200 | 2,000-2,600 |
| | 14-18 | 2,200 | 2,400-2,800 | 2,800-3,200 |
| | 19-30 | 2,400 | 2,600-2,800 | 3,000 |
| | 31-50 | 2,200 | 2,400-2,600 | 2,800-3,000 |
| | 51+ | 2,000 | 2,200-2,400 | 2,400-2,800 |

Source: HHS/USDA Dietary Guidelines for Americans, 2005

Calorie Chart by Age, Gender and Activity Level

Calculate a more precise individual calorie consumption amount by using the Calorie Chart. You do this by calculating the consumption per day of calories per individual by age, gender and activity level...

Then total all of those daily individual calories amounts... and divide that total by the number of persons.

This will give you an average amount per person per day which will be more accurate. It will reflect age, gender and activity level of your household members.

| <u>Food Item Description</u> | <u>Calories Per Serving</u> | <u>Servings Per Container</u> | <u>Number of Containers</u> | <u>Calories Subtotal</u> |
|------------------------------|-----------------------------|-------------------------------|-----------------------------|--------------------------|
| 1. _____ | _____ | times _____ | times _____ | Equals _____ |
| 2. _____ | _____ | times _____ | times _____ | Equals _____ |
| 3. _____ | _____ | times _____ | times _____ | Equals _____ |
| 4. _____ | _____ | times _____ | times _____ | Equals _____ |
| 5. _____ | _____ | times _____ | times _____ | Equals _____ |
| 6. _____ | _____ | times _____ | times _____ | Equals _____ |
| 7. _____ | _____ | times _____ | times _____ | Equals _____ |
| 8. _____ | _____ | times _____ | times _____ | Equals _____ |
| 9. _____ | _____ | times _____ | times _____ | Equals _____ |
| 10. _____ | _____ | times _____ | times _____ | Equals _____ |

Total Number “Calories of Emergency Food Stored” _____

Add and subtract from this total number when you add foods to your emergency foods or subtract from this number when you eat out of your emergency foods.