

This recommendation is from The Prepared.com:

"After testing 11 options from 7 companies, the best choice for most people is the \$200 2 Week ~True Survival~ Food Kit. It covers two people for 15-18 days at a very healthy 2,388-1,857 calories per day.

If you ignore the price, the best overall survival food is the Mountain House 14-Day Just-in-Case Emergency Food Supply Combo. \$280 covers one person for two weeks, or \$480 for two people, at around 2,100 calories per day. "Mountain House had the best overall nutrition."