MRE's and survival food are expensive.. did you now you can make your own survival bars / bricks that can provide 1 adult with approx 2000 calories? I found a wonderful recipe that sounds tasty while being nutritious and lasts a very long time.

These cost $3.50ish for 2000 calories, compared to $4.95 for 2400 calories of the commercial emergency food bars. These are larger and heavier than the commercial bars also. I will say however, that the orange jello brick (my personal favorite) actually tasted pretty good and not all processed and shortening (yep, a real word).

Make Your Own Homemade Survival Bars