If you've planned well and have an emergency survival kit that includes food rations, you have a better chance of getting through the survival situation smoothly than those who did not put aside rations for such a contingency.

I found a great article that explains what food is good for storage and also explains how not to prevent “Appetite Fatigue” as if all you have is wheat, honey and basic food you will survive but you won't want to eat it.

Urban Survival Food Storage, Rations, and Supply

(Picture Credit: urbansurvivalnetwork)