In a Pinch (or Emergency) Tuna Salad

You never know when a disaster is going to strike, so you always want to make sure that you are prepared. This recipe is perfect to throw the ingredients into a bowl and keep with your disaster supplies. Find more disaster preparation tips at http://texashelp.tamu.edu. Talk to your family about your disaster plan, and if you don’t have one, take time to create one.

1 (5 ounce can) of tuna (chicken can also be used)
4 fast food packets of mayonnaise (equivalent to 1/4 cup)
1 fast food packet of mustard (equivalent to 1 tsp)
1 fast food packet of pickle relish (equivalent to 2 tsp)
Salt and pepper to taste
Package of crackers
1 Bowl with lid
1 Spoon
3 plastic forks
1 can opener

Place all ingredients and supplies in the bowl and place lid on top. Can be stored for 12 to 18 months.

To prepare Tuna:
Combine tuna, mayonnaise, mustard, pickle relish, and pepper in a bowl and mix well. Serve immediately with crackers.

Serves 3