Emergency Food Supply

Emergency food supplies should include enough food and water for 3 days per person. During times of disaster, you can still eat according to the Food Guide Pyramid. By consuming a diet of food from all the food groups you will be able to remain healthy and strong. See below for a suggested grocery list. This list is per person, increase as needed for your household. If you don’t like a suggested food, simply substitute it for another in the same food group.

**BREAD GROUP:**
- Dry Cereal—1 box (8-12 oz) ready to eat
- Crackers—1 box (8oz or larger)
- Granola/Breakfast Bars—2 bars

**FRUIT GROUP:**
- Boxed 100% Juice—1 Six pack any flavor
- Applesauce—1 (4 pack) single containers
- Mixed Fruit—1 (4-6 pack) single containers
- Raisins—2 small boxes

**VEGETABLE GROUP:**
- Tomato or Vegetable Juice—2 cans (6 oz)
- Green Beans—1 can (8 oz)
- Mixed Vegetables—1 can (8.5 oz)
- Stewed Tomatoes—1 can (8 oz)
- Corn—1 can (8 oz)

**MILK GROUP:**
- Non-fat Dried Milk—1 box (3 qts) OR
- Shelf Stable boxed milk—6 boxes (8oz)
- Processed Cheese Spread—1 box (8.75 oz)

**MEAT, CHICKEN, DRY BEANS, FISH, EGGS, NUTS GROUP:**
- Tuna—1 can (3.25 oz)
- Chicken—1 can (2 oz)
- Chili with beans—1 can (10 oz)
- Peanut Butter—1 jar (12 oz)
- Pork and Beans—1 can (8 oz)
- Beef Stew—1 single serve container
- Peanuts or Other Nuts—1 jar or package

**OTHER:**
- Pudding—1 (4 pack) single serve containers
- Instant Coffee/Tea—1 jar or small box

**WATER:**
- 1 Gallon PER DAY for drinking and cooking.
- 2 Gallons PER DAY for washing, etc.

*Don’t forget baby food, pet food and special dietary requirements.*

**Store emergency food:**
- Separately form other foods.
- Away from moisture and heat
- Safe from insects, rodents and possible floods.

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**3 Day Sample Menu**

**DAY 1**
- **Breakfast:** Cold Cereal, Milk, Juice, Coffee or Tea
- **Lunch:** Peanut Butter, Bread, Applesauce, Tomato Juice
- **Dinner:** Canned Chili, Corn, Crackers, Milk
- **Snacks:** Pudding, Peanuts/Nuts, Juice OR Fruit

**DAY 2**
- **Breakfast:** Toast, Peanut Butter, juice, Coffee or Tea
- **Lunch:** Tuna, Bread, Canned Mix Fruit, Vegetable Juice
- **Dinner:** Canned Beef Stew, Green Beans, Crackers, Pudding, Milk
- **Snacks:** Pudding, Peanuts/Nuts, Juice OR Fruit

**DAY 3**
- **Breakfast:** Cold Cereal, Milk, Juice, Coffee or Tea
- **Lunch:** Cheese, Crackers, Pork and Beans, Mixed Vegetables, Mixed Fruit, Juice
- **Dinner:** Canned Chicken, Crackers, Canned Stewed Tomatoes, Applesauce, Milk
- **Snacks:** Pudding, Peanuts/Nuts, Juice OR Fruit

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**BE PREPARED!**

Once a disaster occurs, **DO NOT** start eating your 3-day emergency food supply.

**FIRST**—Eat your fresh food such as fruits, vegetables, bread, etc. Also, eat food from the refrigerator if it is 40 degrees or cooler.

**SECOND**—Eat your frozen food.

**THIRD**—Use your canned goods and emergency food

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