

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 from other foods.
Away from moisture and heat
Safe from insects, rodents and possible floods.

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

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