

EMERGENCY FOOD SUPPLY

Keep this list of emergency foods handy, so you can check your supply and restock it when needed.
(This list assumes you have about 1 quart of milk and a half a loaf of bread on hand.)

Suggested Grocery List

(for 1 person; increase as need for household)

Dry cereal: 7-ounce box
Crackers: 8-ounce box or larger
Peanut butter: 12-ounce jar
Canned juice: 6 pack of your favorite kind
Applesauce: 4-pack of 6-ounce containers
Peaches: 8-ounce can
Fruit cocktail: 8-ounce can
Pork and beans*: 8-ounce can
Corn: 8-ounce can
Tuna*: 3¼ -ounce can
Processed cheese spread: 8-ounce box or 4¼ -ounce jar
Beef stew*: 1 small can or container
Chili*: 1 small can or container
Tomato or other soup: 1 can
Cocoa: 1 box of individual packets
Pudding: 4-pack of 4¼-ounce containers
Raisins: 12-ounce package
Peanuts or other nuts: 1 package or jar
Tea: 1 box with 16 bags, **or**
instant coffee: 2-ounce jar
Nonfat dried milk: 1 small box
Bottled water: 3 gallons

*Vegetarians can substitute vegetarian baked beans, peanut butter, bean soup, and vegetarian chili.

Remember: If you have pets, plan ahead for their needs, too.

Suggested Grocery List

(for a household of 4)

Dry cereal: 28-ounce box or larger
Crackers: 32-ounce box or larger
Peanut butter: 48-ounce jar
Individual Canned juice: 24 cans
Applesauce: 4-4-packs of 6-ounce containers
Peaches: 2 15½-ounce cans
Fruit cocktail: 2 15½ -ounce cans
Pork and beans*: 2 15½ -ounce cans
Corn: 2 15½ -ounce cans
Tuna*: 4 - 3¼ -ounce can
Processed cheese spread: 2 pound box or 18-ounce jar
Beef stew*: 4 small cans or 2 – 14½ ounce cans
Chili*: 4 small cans or 2 – 14½ ounce cans
Tomato or other soup: 4 cans
Cocoa: 2 boxes of individual packets
Pudding: 4 4-pack of 4¼-ounce containers
Raisins: 2 16-ounce package
Peanuts or other nuts: 1 16 ounce or larger package or jar
Tea: 1 box with 32 bags, **or**
instant coffee: 8-ounce jar
Nonfat dried milk: 1 large box
Bottled water: 16 gallons

*Vegetarians can substitute vegetarian baked beans, peanut butter, bean soup, and vegetarian chili.

Remember: If you have pets, plan ahead for their needs, too.

Suggested menus for three days

Breakfast

Day 1: Cold cereal, milk, juice, coffee or tea
Day 2: Bread, peanut butter, juice, coffee or tea
Day 3: Cold cereal, milk, juice, coffee or tea

Lunch

Day 1: Peanut butter, bread, applesauce, cocoa
Day 2: Tuna, bread, peaches, cocoa or juice
Day 3: Cheese, crackers, pork and beans, fruit cocktail, cocoa

Supper or dinner

Day 1: Chili, crackers, corn, milk
Day 2: Beef stew, crackers, pudding, milk
Day 3: Tomato or other soup, peanut butter, bread, applesauce, milk

Snacks:

Pudding, dried fruits, small packages of peanuts or other nuts, cocoa, individual cans of juice, coffee or tea