

What Common Emergency Foods to Buy

Below is a list to take with you to the store. Remember that your objective is to have food in reserve for your family, in the event of any emergency that impedes the ability to obtain food, and that includes during prolonged power outages. During the current (2006) pandemic alert phase, it is advisable to have up to 4 weeks of food in reserve. Should a pandemic disease begin to circulate, stores will be in limited supply and many may be closed for indefinite periods. So, plan and prepare now.

*Canned:

	Quantity		Quantity
Meat	_____	Beans	_____
Soups	_____	Fish	_____
Vegetables	_____		

*High Energy:

Peanut Butter	_____	Dried Fruit	_____
Jelly	_____	Trail Mix	_____
Granola Bars	_____	Vitamins	_____
Crackers	_____		

Drinks:

*Canned juices _____

Noncarbonated soft drinks _____

Instant coffee, tea and cocoa _____

Powdered Milk _____ (If boxed, use within six months; nitrogen-packed cans, can be stored indefinitely)

Staples: (Most staple items may be stored indefinitely in proper containers and conditions)

Vegetable oils	_____	White rice	_____
Flour	_____	Bouillon products	_____
Baking powder	_____	Soybeans	_____
Salt	_____	Dry pasta	_____

Miscellaneous:

*Ready to eat cereals	_____	*Pet Food	_____
*Canned nuts	_____	*Baby Food	_____
*Hard Candy	_____		

Notes:

*Use within one year or before due date indicated on label