



*Make a Plan. Make a Difference.*

# Pack a Kit: Food Checklist

## FOOD: PREPARING AN EMERGENCY SUPPLY

If activity is reduced, healthy people can survive on half their usual food intake for an extended period or without any food for many days. Food, unlike water, may be rationed safely, except for children and pregnant women.

You don't need to go out and buy unfamiliar foods to prepare an emergency food supply. You can use the canned foods, dry mixes and other staples on your cupboard shelves. Canned foods do not require cooking, water or special preparation.

Food items that you might consider including in your disaster supply kit include:

- |                                                                            |                                                                                               |
|----------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|
| <input type="checkbox"/> Ready-to-eat meats (e.g., beef jerky, canned ham) | <input type="checkbox"/> Foods for infants                                                    |
| <input type="checkbox"/> Canned fruits and vegetables                      | <input type="checkbox"/> Foods for persons on special diets (e.g., low sodium or gluten free) |
| <input type="checkbox"/> Canned or boxed juices                            | <input type="checkbox"/> Cookies                                                              |
| <input type="checkbox"/> Boxed milk                                        | <input type="checkbox"/> Hard candy                                                           |
| <input type="checkbox"/> Powdered milk                                     | <input type="checkbox"/> Instant coffee                                                       |
| <input type="checkbox"/> Canned soup                                       | <input type="checkbox"/> Tea bags                                                             |
| <input type="checkbox"/> Peanut butter                                     | <input type="checkbox"/> Cereal                                                               |
| <input type="checkbox"/> Jelly                                             | <input type="checkbox"/> _____                                                                |
| <input type="checkbox"/> Granola bars                                      | _____                                                                                         |
| <input type="checkbox"/> Trail mix                                         | _____                                                                                         |
| <input type="checkbox"/> Vitamins                                          |                                                                                               |

## FOOD STORAGE TIPS

- Keep canned foods in a dry place where the temperature is fairly cool. To protect boxed foods from pests and to extend their shelf life, store the food in tightly closed plastic or metal containers.
- Replace items in your food supply every six months.
- Throw out any canned good that becomes swollen, dented, or corroded.
- Use foods before they go bad, and replace them with fresh supplies.
- Date each food item with a marker.
- Place new items at the back of the storage area and older ones in front.