



Be Prepared with a 3-Day Emergency Food Supply

What Is an Emergency Food Supply?

Having an emergency food supply means you won't go hungry when transportation, weather, health, or other problems prevent you from getting your usual supply of groceries or meals.

What Type of Foods Should I Buy?

Many of the foods in an emergency supply may be the usual foods you buy and have on hand. Choose foods that store well from each of the food groups to provide the variety of nutrients you need.

What's the Difference Between an Emergency Food Supply and My Regular Groceries?

An emergency food supply is stored in a separate part of your cupboard so it is handy when the unexpected happens. Use the list in this publication or make your own list. Keep it with the emergency foods, so you can check your supply and replenish it when needed.

What Foods Should I Include?

Look at the list and choose the foods that you like. Add others to replace the suggestions you don't care for. If you are on a special diet, consider that when making choices. Foods listed require a little preparation.

Does the Grocery List Assume That I Have Any Foods on Hand?

Yes, it assumes that you have about 1 quart of milk and half a loaf of bread (per person). To be prepared, store some bread in the freezer compartment of your refrigerator or buy a larger box of crackers. Including a small box (9.6 ounce) of nonfat dairy milk in the emergency food supply may also be a good idea. Mixing dry milk (following package directions) and adding it to the milk you have on hand will stretch your supply.

How Much Will the Emergency Food Supply Cost?

The foods in the grocery list will cost about \$20 (as of publication date of 1998). All of the foods will not be eaten in the three days. If your food budget is tight, buy one or two items each week until you have your emergency food supply.

What If There is No Electricity or Gas for Preparing and Refrigerating Food?

Be prepared with small cans of fruit, fruit or vegetable juice boxes, cans of tuna, and other canned meat such as deviled ham, pudding cups, peanut butter, cereals, crackers, nonfat dry milk, and evaporated (canned) milk.

How Long Can the Emergency Food Supply Be Stored in My Cupboard?

Store foods in a cool place away from any direct source of heat. Date the foods when you buy them. If they haven't been needed for an emergency by their use date, use them for your regular meals and replace them. Look for dates on the packages that give the date by which the food should be used. Generally, crackers and cereals should be used within three months. Dried fruit, peanut butter, dry milk, instant coffee and cocoa mix should be used within six months. Canned foods may keep indefinitely, but it is a good idea to use and replace them within a year.



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Suggested Menus for 3 Days

Day 1:

Breakfast: Cold cereal, milk, juice, coffee or tea

Lunch: Peanut butter, bread, applesauce, cocoa

Dinner: Canned chili, crackers, corn, milk

Day 2:

Breakfast: Toast, peanut butter, juice, coffee or tea

Lunch: Tuna, bread, peaches, cocoa or juice

Dinner: Canned beef stew, crackers, pudding, milk

Day 3:

Breakfast: Cold cereal, milk, juice, coffee or tea

Lunch: Cheese, crackers, pork and beans, fruit cocktail, cocoa

Dinner: 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.



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Suggested Grocery List

(for 1 person, increase as needed for household)

Dry cereal - 1 (7-ounce) box

Crackers - 1 box (8-ounces or larger)

Peanut butter - 1 (12-ounce) jar

Canned juice - 1 6-pack of 6-ounce containers

Applesauce - 1 4-pack of 6-ounce containers

Peaches - 1 (8-ounce) can

Fruit cocktail - 1 (8-ounce) can

Pork and beans - 1 (8-ounce) can

Corn - 1 (8-ounce) can

Tuna - 1 (3 1/4-ounce) can

Processed cheese spread - 1 (8-ounce) box or 4 1/4-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 - 1 4-pack of 4 1/4-ounce containers

Raisins or dried prunes - 1 12-ounce package

Peanuts or other nuts - 1 package or jar

Tea - 1 box with 16 bags or 1 (2-ounce) jar instant coffee

Nonfat dried milk - 1 box

Bottled water - 1 gallon

If you have pets, remember to plan ahead for their needs also.

Source: "Be Prepared with a 3-Day Emergency Food Supply," by E. Schafer, C. Hans, E. Jones Beavers and D. Nelson, Iowa State University Cooperative Extension, November, 1997. Reviewed by Nellie Hedstrom, Extension human development specialist, nutrition.