

EMERGENCY FOOD SUPPLY

There are many kinds of disasters that would make going to the store for groceries difficult or impossible – hurricanes, flooding, ice, snow, riots, pandemic, etc. Having at least a 2-week supply of non-perishable food per person is wise preparation. This food should fall into at least 1 of 3 categories – easy to cook, heat only, and no-cook. The following are suggested options:

MILK - Nonfat dry milk, shelf stable boxes of liquid milk, canned milk

BREADS - Crackers, biscuit mix, corn-muffin mix, complete pancake mix, canned breads

CEREALS AND GRAINS - Instant, quick-cooking, and/or ready-to-eat cereals and grains; bulgur; couscous

JUICES - Canned or bottled fruit or vegetable juices or enriched fruit-flavored juice powders

SOUPS - Canned ready-to-serve, condensed, or instant

MEATS - Canned ham, corned beef, luncheon meat, Vienna sausage, hash, meat with gravy, stew, poultry, meat sauces, dried beef, summer sausage, salami, meat spread

FISH AND SEAFOOD – Cans or pouches of tuna, salmon, sardines, oysters, shrimp, clams

BEANS - Canned cooked chickpeas, black-eye peas, kidney beans, pinto beans, black beans, white beans; pork and beans; baked beans; chili; three bean salad

VEGETABLES - Canned favorites, including tomatoes, corn, and potatoes; pickled beets; mixed vegetables; instant mashed potatoes

FRUITS - Canned and/or dried favorites

CHEESE - Shelf-stable grated cheese, processed cheese loaf, process cheese spread, canned cheese

PASTA AND RICE - Canned or mix combinations; quick-cooking rice; pasta; noodles; pouches of pre-cooked pasta or rice

STAPLES AND CONDIMENTS - Instant cocoa, instant breakfast drinks, salad dressing, shortening, oil, pickles, olives, mustard, catsup, wine vinegar, syrup, lemon juice, herbs and spices, sugar, salt, pepper, peanut butter, jam, jelly, honey, canned butter

SNACKS AND TREATS - Nuts, cookies, candies, instant or ready-to-eat puddings, canned chips, beverages

MINIMUM nutrition guidelines¹ per person are as follows:

Breakfast -Milk (1 cup)

Fruit (1/2 cup) or juice (3/4 cup)

Bread or cereal (2 servings)

Snack - Fruit or vegetable (1/2 cup)

Lunch - Milk (1 cup)

Fruit or vegetable (1/2 cup)

Meat or meat equivalent (2 ounces)

Bread, rice, or pasta (2 servings)

Dinner – Fruit (1/2 cup)

Vegetable (1/2 cup)

Meat or meat equivalent (2 ounces)

Bread, rice, or pasta (2 servings)

Based on minimum nutrition guidelines a 2-week supply of food for 1 person could be: 25 ounces (1-1/2 lbs.) powdered milk, 19 (15-ounce) cans fruit and vegetables, 11 ounces (3-1/2 cups) quick oats, 3 jiffy muffin mixes, 1 loaf bread, 2 pounds rice, 18-ounce jar peanut butter, 3 cans (6-ounce) tuna, 3 cans (5-ounce) chicken, 1 can (15-ounce) kidney beans.

¹ Based on recommendations at <https://www.choosemyplate.gov/>.