

Name: _____

Date: _____

Step 2: Food for 3 days

Emergency food should be “ready to eat”, which means it does not need to be kept cold, prepared, or cooked. Emergency food should have a long shelf life, preferably two to five years. Do not choose food in breakable containers; choose items that you are able to open easily. If you select canned food, make sure you have a manual can opener that you are able to use. Also, try not to select lots of salty food, which may make you drink more water. Store enough food for at least 72 hours or about 10 meals. Lastly, keep in mind your family’s preferences and choose foods you like.

Suggested Items:

- Ready to eat - Canned or Dehydrated
 - Meats / fish (tuna)
 - Fruits
 - Vegetables
 - Juices
 - Milk
 - Soups
- High - energy foods
 - Peanut butter
 - Jelly
 - Low-sodium crackers
 - Granola / protein bars
 - Nuts or Trail mix
- Cereals
- Powdered milk
- Multi-vitamins
- Instant coffee or tea
- Cookies or gram crackers
- Hard candy
- Pet Food
- Manual can opener
- Foods for persons on special diets
 - Medical related diets
 - Lifestyle / religious diets
- Special foods for infants
 - Baby food (pureed food and cereals)
 - Formula

Don't forget to...

- Create a log of items and expiration dates.
- Write expiration dates clearly on each item.
- Designate where you will store your emergency food.
- Select a sturdy container to store your food.
- Check your log every six months and replace food as needed.
 - Helpful hint: Mark your calendar as a reminder

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Resources

Ready-to-eat food

A simple web search for “emergency food” will show a list of merchants and services. Here are just a few:

www.beprepared.com

www.saratogatradingcompany.com

www.nitro-pak.com

www.redcross.org/shop

www.homefrontemergency.com

Emergency Food Guide

www.redcross.org/images/pdfs/preparedness/A5055.pdf

FEMA guide

www.fema.gov/areyouready

Book

*Emergency Food Storage & Survival Handbook:
Everything You Need to Know to Keep Your Family Safe in a
Crisis*