

Emergency Food Supplies List



Recommended foods include:

Canned Foods:

- ✓ Ready-to-eat canned meats, fruits and vegetables.
- ✓ Canned juices, milk and soup (if powdered, store extra water).
- ✓ Snack-sized canned goods with pull-top lids or twist-open keys.

High energy foods:

- ✓ Peanut butter, jelly, crackers, granola bars and trail mix.

Comfort foods

- ✓ Hard candy, sweetened cereals, candy bars and cookies.

Beverages

- ✓ Instant coffee, tea bags.
- ✓ Prepackaged beverages in foil packets, foil-lined boxes.

Special diet foods, if necessary.

Dried foods.

- ✓ Jerky (be careful of excess salt, which can increase thirst)
- ✓ Freeze-dried foods or cups of noodles or cups of soup. (be careful, water is needed to make useful)
- ✓ Instant Meals: There are some boxed instant meals available on the market that can be heated by simply adding prepacked treated water)



Tools

- ✓ If you have canned goods, be sure to include a manual can opener)

For a more comprehensive and detailed list, see www.redcross.org