

# 1-Month Emergency Food Supply Checklist

## grains



- 10 lbs. rice
- 5 lbs. pasta
- 4 lbs. oats
- 2 boxes cereal

## fruits & veggies



- 12 cans mixed veggies
- 10 cans fruit
- assorted dried fruits
- 4 jars applesauce

## fats/oils



- 1 gallon cooking oil
- assorted nuts and seeds

## comfort foods



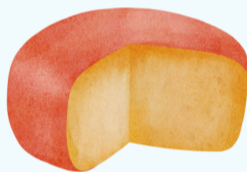
- 6 cans soup
- 4 cans chili
- instant noodles

## proteins



- 2 jars peanut butter/ jelly
- 5 cans tuna
- 5 cans chicken
- 8 cans baked beans

## dairy



- 2 boxes powdered milk
- shelf-stable cheese

## Other



- 4 bags chips
- 2 boxes granola bars
- chocolate/candy
- 2 jars instant coffee
- 10 lbs. sugar

## storage and rotation

- use airtight containers and store in cool, dry place
- regularly check expiration dates and use "first in, first out" method for freshness

## additional considerations

- water, store 1 gallon of water per person, per day
- include baby food, pet food or other special considerations