

# *Be Prepared with a Three-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\*. 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.

\* As of publication date of 1998.

## 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

## 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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**For more information on emergency preparedness, contact your county Extension office.**

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## Suggested Menus for Three 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.

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

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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 nutrition specialist.

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