



Be Prepared with a 3-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 kept as a welcome supply 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 on the back 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 minimum amount of preparation. Perhaps they are too expensive for your everyday eating, but just right for meals when a snow or ice storm keeps you isolated for two or three days.

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. 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 dry 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. For example, there may be leftover peanut butter, cereal, crackers and other snack items. 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, and nonfat dry milk.

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 as you buy them. If they haven't been needed for an emergency by their use date, prepare them for your regular meals and replace them with new groceries. 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.

IOWA STATE UNIVERSITY

University Extension

Ames, Iowa

Pm 1552-6dx | November 1997

Suggested menus for three days:

Breakfast:

Day 1: Cold cereal, milk, juice, coffee or tea

Day 2: Toast, peanut butter, juice, coffee or tea

Day 3: Cold cereal, milk, juice, coffee or tea

Lunch:

Day 1: Peanut butter, bread, applesauce, cocoa

Day 2: Tuna, bread, peaches, cocoa or juice

Day 3: Cheese, crackers, pork and beans, fruit cocktail, cocoa

Supper or Dinner:

Day 1: Canned chili, crackers, corn, milk

Day 2: Canned beef stew, crackers, pudding, milk

Day 3: 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.

Suggested Grocery List

(for 1 person, increase as needed for household)

Dry cereal - 1 7-ounce box

Crackers - 1 box (8-ounce or larger)

Peanut butter - 1 12-ounce jar

Canned juice - 1 6-pack of your favorite kind

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

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



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

Where can I get more information?

Contact an ISU Extension county office for copies of these free publications:

Handle Food Safely, Pm-1442. *When the Home Freezer Stops*, Pm 1367.

You also can call ISU Extension toll-free Answer Line:

1-800-262-3804 (voice) 1-800-854-1658 (telecommunications device for deaf)

Prepared by Elisabeth Schafer, extension nutritionist; Carol Hans, former extension nutritionist; Evelyn Jones Beavers, program assistant; and Diane Nelson, extension communication specialist.

File: FN-5

Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Stanley R. Johnson, director, Cooperative Extension Service, Iowa State University of Science and Technology, Ames, Iowa.

... and justice for all

The Iowa Cooperative Extension Service's programs and policies are consistent with pertinent federal and state laws and regulations on nondiscrimination. Many materials can be made available in alternative formats for ADA clients.