

EMERGENCY FOOD SUPPLY

Target: 14 Day Survival Stock

Last Updated: _____

Ok	Item Description	Quantity	Expiry Date
WATER & HYDRATION			
	Gallon Water (1 per person/day)		
	Electrolyte Powder/Drinks		
PROTEINS & CANNED GOODS			
	Canned Tuna / Chicken / Salmon		
	Peanut Butter / Nut Butters		
	Canned Beans & Legumes		
GRAINS & DRY GOODS			
	Rice / Pasta / Quinoa		
	Oats / Dry Cereal		
	Crackers / Hardtack		
FRUITS & VEGETABLES			

Ok	Item Description	Quantity	Expiry Date
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Canned Fruits (in juice)

Dried Fruits / Fruit Leather

Canned Vegetables

COMFORT & ESSENTIALS

Instant Coffee / Tea

Honey / Sugar / Salt

Multivitamins

Notes / Special Dietary Needs: