

EMERGENCY PREPAREDNESS GROCERY LIST

Date Prepared: _____ Household Size: _____

WATER & HYDRATION

Drinking Water (1 gal/person/day) 7 Days

Electrolyte Powder/Drinks 10 pk

Water Purification Tablets 1 box

PROTEINS & CANNED GOODS

Canned Tuna / Chicken 8 cans

Peanut / Nut Butter 2 jars

Canned Beans / Legumes 6 cans

Canned Soups / Stews 6 cans

Beef Jerky / Meat Sticks 4 pks

FRUITS & VEGETABLES

Canned Fruits (in juice) 4 cans

Canned Vegetables 6 cans

Dried Fruits / Raisins 3 bags

Applesauce Pouches 12 ct

GRAINS & DRY GOODS

Rice (White or Jasmine) 5 lbs

Pasta / Noodles 4 pks

Oats / Instant Oatmeal 1 box

Crackers / Crispbreads 3 bxs

Cereal / Granola Bars 2 bxs

ESSENTIALS & COMFORT

Powdered Milk 1 bag

Instant Coffee / Tea 1 box

Honey / Sugar / Salt Var.

Cooking Oil 1 btl

Dark Chocolate / Hard Candy 2 pks

PET & BABY (IF APPLICABLE)

Dry Pet Food 1 bag

Infant Formula / Food 2 wks

Pet Water Supply 7 days

Note: Store food in a cool, dry place. Rotate stock every 6 months to ensure freshness.