



Recommended Foods for Emergency Kit Stock at Least a Three Day Supply

Beverages

- Water (1 gallon per person per day)
- Canned fruit and vegetable juices
- Milk (dry, canned, or evaporated)*
- Instant coffee or tea
- Prepackaged beverages (foil packets and foil-lined boxes)

Breakfast

- Canned fruit and fruit juice
- Dried fruit (raisins, prunes, apricots, etc.)
- Ready to eat cereal
- Instant oatmeal
- Breakfast and granola bars
- Crackers with jam or peanut butter

Lunch or Evening Meal

- Canned beans (good source of fiber and complex carbohydrates)*
- Canned chicken, ham, pork, salmon, tuna, crabmeat, shrimp (good quality protein)*
- Canned vegetables*
- Canned soups*
- Freeze-dried foods
- MREs – meals ready to eat (Lightweight and require little or no preparation. Look for them at military and camping supplies stores.)*

Snacks

- Canned puddings*
- High protein drinks
- Canned nuts (peanuts, walnuts, almonds)
- Fruit (canned or dried)
- Trail mix
- Comfort foods such as cookies and candy
- Beef jerky
- Granola bars
- Peanut butter
- Dry, crisp crackers
- Travel size condiments

Other Items

- Can opener
- Scissors or knife (for packaged foods)
- Disposable plates, bowls, cups, and utensils



*Discard these items if left at room temperature for more than two hours after opening.