

## nutrition tips:

- Buy only non-perishable foods. This includes food that doesn't need to be refrigerated after opening.
- Include a variety so you don't get bored with the same foods.
- Eat healthy balanced meals.
- Build up your emergency food supply a little at a time. Each time you go to the grocery store, look for non-perishable items that are on sale.
- Include your emergency food with your regular food pantry. You can use the food; just remember to replace it. Don't think of an emergency food supply as something you put in a box and store away in a closet. Pay attention to expiration dates.
- Choose canned fruits packed in water or juice.
- Limit salty foods. They will make you thirsty.



## remember:

- You will need a manual (hand) can opener.
- You will need medications for two weeks, both prescription and over-the-counter.
- If you have an infant and you are **not** breastfeeding, use only powdered infant formula and make only one bottle at a time.
- Make sure to stock pet food and water.



## for more information, go to:

[www.scdhec.gov/homeandenvironment/disasterpreparedness/](http://www.scdhec.gov/homeandenvironment/disasterpreparedness/)

What to do during a disaster or emergency.

[www.flu.gov](http://www.flu.gov)

The US government site to know what to do about the flu.

[www.ready.gov](http://www.ready.gov)

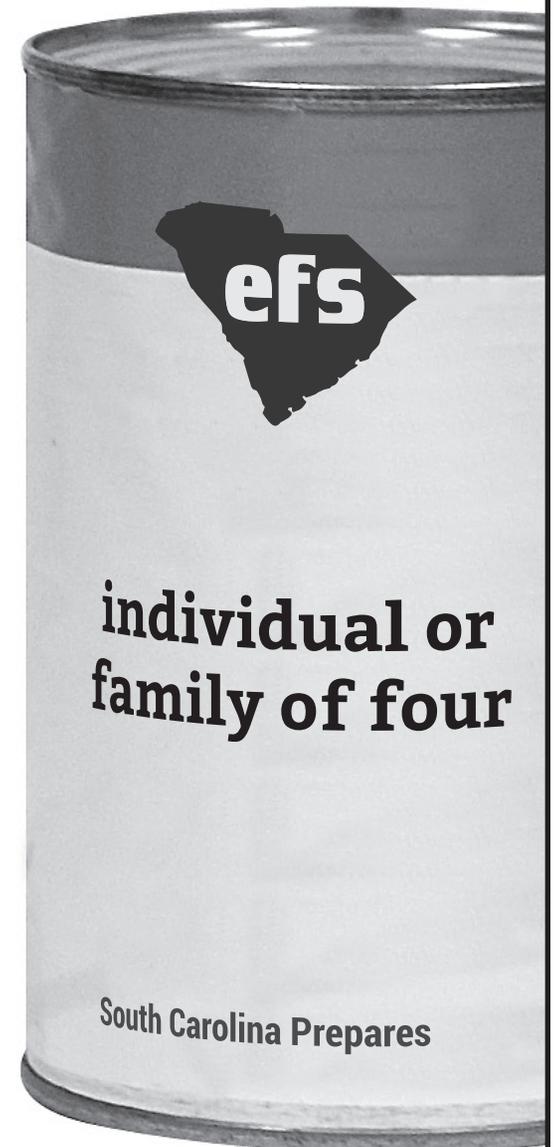
The U.S. government site for more information on what to do before, during and after an emergency.



[www.scdhec.gov](http://www.scdhec.gov)

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# emergency food supplies



## is your family prepared?

The United States Department of Health and Human Services says that each person should have a TWO-WEEK supply of non-perishable foods in case of a major flu outbreak, natural disaster or other emergency.

During an outbreak, many workers may either be told to stay home or will stay home by choice, to avoid spreading illness. In a disaster or emergency you may not have access to electricity or a grocery store.

This brochure gives you an idea of what an **individual** or **family of four** would need for two weeks, to meet their food needs. You can change the list to meet your family's tastes.



This list can also be used to prepare for other emergencies such as hurricanes.

## sample food supply for an individual:

- 14 gallons of water
- 3 (1 lb) boxes of whole grain cereal
- 1 (10 oz) box of wheat crackers
- 1 (1 lb) box of unsalted saltine crackers
- 1 (12-pack) box of granola bars
- 1 (8-pack) box of cereal bars
- 1 (40 oz) jar of peanut butter
- 8 (3 oz) cans of tuna in water
- 4 (5 oz) cans of chicken breast in water
- 2 (15 oz) cans of black, pinto, black-eyed, or kidney beans
- 6 (8 oz) cans of corn
- 6 (8 oz) cans of sliced white potatoes
- 3 (15 oz) cans of sweet potatoes
- 3 (14 oz) cans of turnip greens
- 3 (14.5 oz) cans of sliced squash
- 3 (14.5 oz) cans of cut okra
- 6 (8 oz) cans of unsalted green beans
- 6 (8 oz) cans of carrots
- 6 (8 oz) cans of chunk pineapple
- 6 (8 oz) cans of sliced peaches
- 6 (8 oz) cans of fruit cocktail
- 6 (8 oz) cans of pears
- 1 (24 oz) canister of raisins
- 1 (32 oz) box of instant nonfat dry milk



To cut down on wasted food, buy items packaged in single-serving sizes, such as tuna, vegetables and fruit.



approximate cost: \$85

## sample food supply for a family of four:

- 56 gallons of water
- 15 (1 lb) boxes of whole grain cereal
- 5 (10 oz) boxes of wheat crackers
- 4 (1 lb) boxes of unsalted saltine crackers
- 5 (12-pack) boxes of granola bars
- 5 (8-pack) boxes of cereal bars
- 3 (40 oz) jars of peanut butter
- 7 (12 oz) cans of tuna in water
- 7 (10 oz) cans of chicken breast in water
- 3 (15 oz) cans of black, pinto, black-eyed peas, or kidney beans
- 10 (15.25 oz) cans of corn
- 10 (14.5 oz) cans of sliced white potatoes
- 10 (15 oz) cans of peas
- 10 (15 oz) cans of sweet potatoes
- 10 (14 oz) cans of turnip greens
- 10 (14.5 oz) cans of sliced squash
- 10 (14.5 oz) cans of cut okra
- 10 (14.5 oz) cans of green beans
- 10 (14.5 oz) cans of carrots
- 10 (20 oz) cans of chunk pineapple
- 10 (15 oz) cans of sliced peaches
- 10 (15 oz) cans of fruit cocktail
- 10 (15 oz) cans of pears
- 10 (11 oz) cans of mandarin oranges
- 1 (24 oz) canister of dried fruit
- 4 (32 oz) boxes of instant nonfat dry milk



approximate cost: \$350