

Emergency Food Supplies

1 person x 14 days

Milk	14 cans (6-oz) or 6 cans (15-oz) evaporated milk or 1-lb dried skim milk
Vegetables	6 cans (15 or 20-oz) - beans, peas, tomatoes, corn
Fruits	6 cans (15 or 20-oz) - peaches, pears, apple sauce
Juices	6 cans (20-oz) - apple, grapefruit, lemon, orange and tomato
Cereals	14 individual packages (sealed in wax bags inside or outside)
Biscuits	2 packages of crackers (1-lb. each)
	2 packages of cookies or graham wafers

Main Dish	2 cans meat (12-oz) - corned beef, luncheon meats
	2 cans beef and gravy
	2 cans baked beans (15 or 20-oz)
	2 jars cheese
	2 cans fish (8-oz)
	Canned and Dehydrated Soups: 2 cans (10-oz) - bean, pea, tomato, vegetable

Other Foods	1 large jar or can honey, syrup, jam or marmalade
	2 lbs. hard candy
	1 jar or can peanut butter
	1 package tea bags or instant tea
	1 jar sugar
	1 jar instant coffee
	Salt and pepper
	Instant chocolate powder
	Chewing gum

Special Requirements for Children

For each infant include 14 cans evaporated milk (15 oz) and infant food for 14 days.

For each child up to 3 years, include 8 extra cans of milk. Decrease amounts of other foods according to appetite.

Food for older children can be the same as for adults; adjust amounts according to appetite.

Water	14 gallons for each adult member of family; more for younger children (some water may be replaced by canned beverages).
	Containers: Store in well-cleaned, covered containers such as large thermos jugs, large bottles, or plastic containers.
	Do Not Use fuel cans! Even new they may contain drinking water.
	Don't forget to include additional water for pets
	Change: Stored tap water at least once a month. Factory bottled water yearly.