



EMERGENCY FOOD SUPPLIES APPROXIMATE NEEDS — FOUR ADULTS FOR SEVEN DAYS

Foods in each category should be determined by family preferences

- Twenty-eight gallons of water
- 4 ½ lb. ready-to-eat cereals (make smart choices)
- 3 boxes of non-fat dry milk powder (each box making 8 qts. milk)
- 7 qts. canned 100% juice (varied-orange, pineapple, tomato, V-8)
- 2 – 16-oz. jars nut butter
- 4 – 6-oz. cans tuna in water
- 2 - 16-oz. cans salmon
- 15 – 16-oz. cans of varied beans (3 black, 3 kidney, 3 garbanzo, 2 reduced fat refried, 4 baked beans)
- 24 oz. canned meat (chicken, beef, corned beef, light SPAM)
- 10 lbs. canned fruits (1 lb. cans-varied-applesauce, peaches, pears, apricots, pineapple, mixed)
- 14 lbs. canned vegetables-preferred reduced salt (1 lb. cans-tomatoes (varied), peas, green beans, corn, spinach)
- 2 - 8-oz. jars jam or jelly
- 2 loaves bread (preferably whole grain)
- 3 packages whole wheat or corn tortillas
- 4 – 10 oz. boxes crackers (varied-some whole grain-Triscuit, graham, etc.)
- 2 bags rice cakes (family-preferred flavor)
- 1 small jar mayonnaise (or individual packets of mayonnaise to equal 8 oz.)
- 2 – 15-oz. cans salsa
- Small can Parmesan cheese
- 8 oz. nuts- family choice
- 1 ½ lb. raisins or other dried fruit
- 1 jar cheese spread
- 6 – 1-lb. cans pudding
- 16-oz. low fat Italian salad dressing
- Salt, pepper, mustard, catsup, dried onion and parsley, other seasonings, as desired
- 12 oz. canola oil
- Instant coffee (enough to make 56 cups of coffee)
- Hard candy, sugarless gum, cocoa, sugar

Source: Joyce M. Houston, M.A., R.D., Supervising Public Health Nutritionist, Humboldt County DHHS-Public Health Branch. May 2008.