

THREE DAY EMERGENCY FOOD SUPPLY

Comox Valley Emergency Program

An emergency food supply can be helpful when transportation, weather, health or other problems prevent you from getting your usual supply of groceries or meals. An emergency food supply should be stored in a separate part of your cupboard from your regular groceries. Choose foods that store well from each of the food groups to provide the nutrients you need.

Store food in a cool place away from any direct source of heat. Date the foods as you buy them. Check the use date on the packages to determine the recommended shelf life for the foods. Generally, crackers and cereal should be used within three months. Dried fruit, peanut butter, dry milk, instant coffee and cocoa mix should be used within six months. Canned foods may be kept indefinitely, but it is a good idea to use and replace things within a year.

The following is a suggested list of foods that might be stored for an emergency supply. Add others to replace the foods you prefer. If there is no electricity or gas, be prepared with small cans of fruit, fruit juice boxes, cans of tuna, and other canned meat, pudding cups, peanut butter, cereals, crackers and nonfat dry milk.

Suggested Grocery List

Dry cereal - 1 7oz. Box	Beef – 1 small can
Crackers - 1 box, 8 oz. or greater	Chili – 1 small can
Peanut butter - 1, 12 oz. jar	Tomato / other soup – 1 can ready to serve
Canned juice – 1, 4 pack	Coca – 1 box individual packs
Applesauce cups – 1 4 pack	Pudding – 1, 4 packs
Peaches – 1, 8 oz. can	Raisins or dried prunes – 1, 12 oz. package
Fruit cocktail – 1, 8oz. can	Peanuts or other nuts – 1 package or jar
Pork & beans – 1, 8 oz. can	Tea – 1, box of 16 bags
Corn – 1, 8 oz. can	Coffee – 1, 2 oz. jar of instant
Tuna – 1, 3 ¼ oz. can	Nonfat dried milk – 1 box
Processed cheese – 1, 8 oz. jar	Bottled water – min. of 4 litres/per person

- IF YOU PLAN TO STORE INSTANT-JUST-ADD-WATER FOODS YOU WILL NEED TO STORE MORE WATER -

Suggested Menu for Three Days

Breakfast

Day 1: Cold cereal, milk, juice, coffee/tea
Day 2: Crackers, Peanut butter, juice, coffee/tea
Day 3: Cold cereal, milk, juice, coffee/tea

Dinner

Day 1: Chili, crackers, corn, milk
Day 2: Beef stew, crackers, pudding, milk
Day 3: Soup, peanut butter, crackers,
applesauce, milk

Lunch

Day 1: Peanut butter, crackers, applesauce, cocoa
Day 2: Tuna, crackers, peaches, cocoa/juice
Day 3: Cheese, crackers, pork & beans, fruit
cocktail, cocoa

Snacks:

Pudding
Dried fruits
Cocoa
Juice