

STOCKING UP FOR AN EMERGENCY

Although we are currently facing the possibility of global flu pandemic, we should all routinely have food, water and health supplies stored for emergencies. Food storage isn't a "survivalist" notion, with all those connotations. It's a practical approach to life. There have been periods of time when stocking extra food for emergencies was the norm. But these days it seems that most people don't think it's necessary. Food markets are usually so convenient we no longer think it is necessary to tie up money and storage for something we may never need.

However, we never know when disease, weather, terrorist activity, and natural disaster may keep us from getting to the store, or the store from getting supplies. What good is a convenient grocery store that has limited or no food stocks?

Another reason to stock up is avoid bringing the flu virus home from the store. During a severe pandemic at least 33% of the people will eventually get the flu. People handling the items in your grocery bags would be handling the exterior of your package and that virus might survive for 48 hours or more. This would mean you would have to sanitize everything before you brought it into your home. Stock up now. It will make life much safer and much simpler.

Many of the foods suitable for your emergency pantry are those that you and your family regularly consume. Be sure that the foods you select are those that you and your family will enjoy. When you have to use foods stored for emergencies, you are already enduring enough stress without forcing yourself to eat something you don't like.

When thinking about what types of food to have on hand, remember there are a variety of non-perishable foods to choose from, including canned goods, vacuum-packed or dehydrated foods and freeze-dried survival foods.

Choose a variety of foods such as fruits, vegetables, meats, beans and seafood. Ready-to-eat cereal, trail mix and dried fruits are also helpful, but be sure they are stored in air-tight, waterproof containers to keep them dry and safe from pests.

Canned foods are the perfect items to keep in the event of an emergency. They have a long shelf-life, are waterproof and do not require cooking – important, as you may be without electricity, gas or other means of cooking during and after a natural disaster. Look for canned items that are sold with a pop-top lid, but be sure to have a manual can opener near your emergency pantry for those items that don't.

It is a good idea to buy smaller cans that you and your family can eat at one sitting. If you don't have electricity or a means to keep them cool, canned goods will spoil once it is open.

If anyone in your family has special dietary needs, be sure to have foods they can eat.

If you have an infant on formula, have enough ready-made infant formula to last at least two weeks. Formula that is already pre-made, in single-serving size containers, will guarantee that your baby is consuming a safe product and reduce the need for having safe water to mix with powder. It would be smart to keep a bottle with disposable liners in your stock for the same reason.

If you have an infant or toddler on baby food, or junior food, these should be added to your list.

Don't forget pet food and supplies such as cat litter.

Shopping List Suggestions: These are ideas. Add things you and your family enjoy.

Vegetables	Meats & Fish	Fruits
Dried onions	Ham (canned)	Raisins
Instant Potatoes	Summer sausage	Pie filling
Sweet potatoes	Vienna sausage	Fruit wraps
Corn	Spam or Treet	Apricots
Green beans	Jerky	Prunes
Peas	Chicken (canned)	Figs
Olives	Chinese food	Bananas
Tomato products	Tuna fish	Apples
Pumpkin	Salmon	Pineapple
Onions, French	Beef (canned)	Dates
Spinach	Corn beef hash	Apple sauce
Asparagus	Turkey (can)	Oranges (canned)
Potatoes (fresh)	Beef (dried)	Fruit cocktail
Dried mushrooms	Freeze-dried meats	Coconut
Pastas	Beans	Soups
Instant noodles	Pinto	Dried soups
Dry cheese	Garbanzo	Chicken bullion
Spaghetti sauce	White/navy	Beef bullion
Macaroni	Black-eyed peas	Beef stew
Lasagna	Red soup	Condensed soup
Canned pastas	Butter	Cheese soups
One pan meals	Black	Broth
Baking	Drinks	Cereals
Vegetable oil	Evaporated milk	Barley
Olive oil	Powdered milk	Rice
Pancake mixes	Coffee (ground)	Corn meal
Sugar	Coffee (instant)	Oatmeal
Baking powder	Bottled water	Grits
Corn starch	Strawberry syrup	Whole grain wheat
Shortening, Lard	Tea	Dry cereal
Dried eggs	Dry coffee creamer	Flax grain
Powdered sugar	Kool Aid	Popcorn
Cookie mixes	Condensed milk	
Cocoa	Vegetable juice	
Pie shells	Tomato juice	
Condiments	Spices	Snacks
Pickles	Bay leaves	Pudding
Jarred peppers	Italian spices	Jell-O
Stovetop Dressing	Onion powder	Nuts
Bread crumbs	Garlic powder	Granola bars
Jellies and jams	Dry mustard	Marshmallows
Cheese dips in jars	Salt	Candy
Peanut butter	Black pepper	Trail mix
Ketchup and Mustard	Mexican spices	Cookies (bag)
Vinegar	Vanilla extract	Chips
Honey	Hot sauces	Saltine crackers
Mayo packets	Seasoning salt	

TIPS:

- Pick foods you will enjoy that are also high in calories and nutrition
- Don't forget a manual can opener
- Stock up heavily on foods that are part of your normal diet, but which require no refrigeration and are easy to prepare without the aid of modern appliances.
- Check expiration dates before you put it in your shopping car to be sure that they will last 6-7 months.
- Store food in a cool, dry place.
- When you are no longer able to shop normally, consume the perishable items in your refrigerator, followed by the items in your freezer. Once these foods are used up, start using your emergency food.
- Rotate stored food.
- Be sure to have enough salt. Most people don't realize how hard-to-get this essential nutrient could become after a disaster.

Health Care Needs

Regular prescription drugs to ensure a continuous supply in your home for at least two weeks.

You should also have:

- Over-the-counter pain relievers (Ibuprofen, Tylenol, etc.),
- Stomach remedies
- Cough and cold medicines
- Fluids with electrolytes
- Vitamins
- Hand sanitizer (containing 60%-95% alcohol)
- Alcohol wipes
- Hydrogen peroxide,
- First aid cream
- Band-Aids/bandages of different sizes.

Emergency water supply

Because water supplies might be interrupted, store at least one gallon of water per person for each day. See the page [Water – Getting Started](#) on this website for more details.

If it becomes necessary, standard household bleach (Clorox) can be used to treat water (12 drops per gallon).

Other Items

Plastic utensils, plates and cups, paper towels, tissues, disposable diapers and disposable wipes, hand sanitizer/wet wipes, flash lights with extra batteries, cleaning supplies, household bleach and plastic bags in a variety of sizes, including trash bags.

Basic camping supplies like a camp stove and fuel, fire starters and water-proof matches, flashlights, candles, portable toilets, and other emergency essentials could be invaluable. Remember, if things get really bad, electricity and water supplies could be affected.