

# How To Build An EMERGENCY FOOD SUPPLY

Access to safe food is a major concern in any emergency or natural disaster. When preparing an emergency food supply keep these helpful tips in mind to help reduce stress and ensure you and your family have access to safe and healthful foods.

## How Much Food Do I Need?

Make a plan to store enough food for each person in the household to last between 14-30 days. This can be as easy as increasing the amount of staples and non-perishable foods you normally have on hand. If you or other members of your household typically eat certain meals away from the home, such as a child eating school lunch or a spouse eating out on their lunch break, you will need to factor those meals into your food supply list.



## Be intentional when selecting items for your emergency food supply

- ✓ Non-perishable items that can be stored safely at room temperature
- ✓ Meat and other perishable items which can be frozen
- ✓ Foods high in nutrient value and low in sodium and added sugar (Be sure they are high in vitamins, minerals, healthy fats, complex carbohydrates)
- ✓ Food that make great leftovers
- ✓ Foods from all five food groups and in different forms: canned, frozen, fresh, and dried
- ✓ Foods that fit the special diets, allergies, or medical needs of your family
- ✓ Foods you like and are familiar to your family
- ✓ Infant formula and baby food if needed
- ✓ Food for pets
- ✓ Manual can opener, disposable utensils, paper products, plastic containers
- ✓ Foods are labeled and put away for emergency use only

Keep your supply fresh by rotating non-perishable staple items. Keep a list of staple foods on your shelves and in your freezer. Indicate amount available, date purchased, date opened and use by/replace date if known.



# EMERGENCY FOODS

Pack your emergency food pantry with these foods!

## Protein

Canned meats and fish (chicken, tuna, salmon) - Dried or canned beans, peas and lentils - Nut butter - Nuts and seeds - Eggs - Fresh meats and fish that can be frozen - Dried meat

## Vegetables

Canned vegetables low in sodium - Frozen vegetables - Fresh vegetables with a longer shelf-life (beets, carrots, onions, potatoes, winter squash)

## Grains

Rice and Pasta - Breads (English muffins, bagels, etc.) - Cereal and oats/oatmeal - Tortillas - Flour - Baking mixes (muffins, pancakes, cornbread, etc.) - Granola bars - Popcorn

## Dairy

Fresh Milk, shelf-stable milk (aseptic or powdered) - Yogurt, kefir - Cheese

## Reference:

[FEMA](#)

[Ready.gov](#)

[University of Georgia](#)

[Maine Extension](#)

## Fruits

Canned fruits packed in juice - Dried fruit - Frozen fruit - Fresh fruit with a longer shelf-life (apples, citrus)

## Other

Pet food - Infant formula, baby food - \*Bottled water (1 gallon/person/day) - Other bottled beverages or drink mixes - Canned soup, broth - Dried herbs and spices



\*For more information on water needs, visit [FEMA](#)



FIND MORE COVID-19 RESOURCES @ [go.illinois.edu/ExtensionCOVID19](https://go.illinois.edu/ExtensionCOVID19)

**I** ILLINOIS  
Extension

COLLEGE OF AGRICULTURAL, CONSUMER  
& ENVIRONMENTAL SCIENCES

Learn More  
[extension.illinois.edu](https://extension.illinois.edu)

University of Illinois | U.S. Department of Agriculture | Local Extension Councils Cooperating  
University of Illinois Extension provides equal opportunities in programs and employment.