



College of Agriculture, Human and Natural Sciences

Disaster Education Response Team



Emergency Food Kit

Sandria Godwin, Leslie Speller-Henderson, Rita Fleming, Richard Stone

Every family should have an emergency food kit. An emergency food kit contains enough water and food for each household member for at least 3 days and is kept in a waterproof case or carrying bag. Store the kit in a cool, dry place that is easy to access or in your emergency shelter (if you have one).

- What You Should Include
 - Water for Three Days
 - At least one gallon of clean water per person per day for drinking and hygiene.
 - Clean and sterilize all containers before filling.
 - Food for Three Days
 - Dried Foods
 - Fruit, Crackers, Ready-to-eat Cereals, Powdered Milk, Beef Jerky
 - Canned Foods
 - Meats and Fish, such as Tuna and Chicken
 - Vienna Sausages, Beans, Fruit, Fruit Juices, Vegetables, Soups
 - High Energy Foods
 - Peanut Butter, Jelly, Nuts, Trail Mix, Granola Bars, Protein Bars, Breakfast Bars, Cookies
 - Baby Formula and Baby Food, if needed (Even if you are breast feeding, stress may keep you from producing milk.)

REMEMBER!



- Check the expiration dates on food every 6 months.
- Replace foods that are old.
- Include some comfort items if you have room.



*Go to our website www.tnstate.edu/agriculture for additional
Disaster Education Resources.
Call (615) 963-1375 for more information*



- Other Items You May Want To Include In Your Emergency Food Kit
 - Prescription Drugs
 - Copies of Important Family Documents
 - Medical Supplies, such as a First Aid Kit and Instruction Booklet
 - Flashlight or Battery Operated Lamps
 - Waterproof Matches
 - Paper Plates and Plastic Utensils
 - Moist Towelettes and Hand Sanitizer
 - Portable Radio
 - Manual or Battery Operated Can Opener
 - Extra Batteries

Shopping List For Your Emergency Food Kit

Choose at least three items from each group to purchase for your Emergency Food Kit.

Grains

- Crackers
- Rice Cakes
- Granola Bars
- Ready-to-eat Cereal
- Packaged Muffins and Pastries
- Snack Bars
- Breakfast Bar
- Pretzels
- Toaster Pastries
- Trail Mix



Fruits & Vegetables*

- Assorted Fruit
- Assorted Vegetables
- Vegetable Juices
- Fruit Juices
- Salsa
- Vegetable Soup
- Sweet Potato Chips



*Canned, packaged, or dried only

Dairy

- Dried Milk
- UHT Milk Cartons
- Pudding Packs/Cups
- Canned Milk
- Canned Pudding
- Canned Cheese and Sauces
- Canned Macaroni and Cheese
- Pre-packaged Cheese and Crackers



Proteins

- Protein Bars
- Canned Beans
- Nuts and Seeds
- Jerky (ex. deer, beef, buffalo, turkey)
- Dried Sausage (ex. summer)
- Canned Ham, Tuna, Chicken*
- Peanut, Almond, or Hazelnut Butters
- Chili
- Precooked Bacon



* Can also be purchased in pouches.



TSU-12-0043(A)-15c-13515 - Tennessee State University is an AA/EEO employer and does not discriminate on the basis of race, color, national origin, sex, disability, or age in its programs and activities. The following person has been designated to handle inquiries regarding the non-discrimination policies: Ms. Tiffany Baker-Cox, Director of Equity and Compliance, 3500 John A. Merritt Blvd. Nashville, TN 37209, (615) 963-7435.

