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

*Can be 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.