

## Three Day Emergency Food Supply

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 foods in a cool place away from any direct source of heat. Date the foods as you buy them. Check the *use date* on packages to determine the recommended shelf life for the foods. Generally, crackers and cereals 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 keep indefinitely, but it is a good idea to use and replace them 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
- Crackers
- Peanut butter
- Canned juice 6-packs
- Applesauce cups
- Can of peaches
- Can of fruit cocktail
- Can of pork and beans
- Can of corn
- Can of tuna
- Processed cheese spread jar or box
- Can of beef stew
- Can of chili
- Can of tomato or other soup
- Cocoa packets
- Pudding cups
- Dried prunes
- Peanuts
- Box of tea bags
- Box of nonfat dried milk
- Bottle water

### Suggested Menu for Three Days:

#### Breakfast:

Day 1: Cold cereal, milk, juice, coffee or tea  
Day 2: Crackers, peanut butter, juice, coffee

#### Lunch:

Day 1: Peanut butter, crackers, applesauce, cocoa

or tea

Day 2: Tuna, crackers, peaches, cocoa or juice

Day 3: Cold cereal, milk, juice, coffee or tea

Day 3: Cheese, crackers, pork and beans, fruit cocktail, cocoa

**Dinner:**

**Snacks:**

Day 1: Chili, crackers, corn, milk

Pudding, dried fruits, peanuts, cocoa, juice, coffee or tea

Day 2: Beef stew, crackers, pudding, milk

Day 3: Tomato soup, peanut butter, crackers, applesauce, milk

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