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## TWO-WEEK SUPPLY OF FOOD

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*During and after a disaster access to food may be limited. To provide for yourself and others, store enough food for two weeks. As electricity and gas may be interrupted, stored food should require no refrigeration. (If you have planned alternate cooking methods such as a propane stove or Dutch oven, the foods you store may require simple cooking\*\*).*

*While you may think you would be willing to eat anything in an emergency, experience shows that the reverse is true. People are looking for food that is comforting and familiar. Meeting your family's tastes is probably more important than variety (plenty of peanut butter vs. storing canned hash). Try out foods before you store them to learn if your family will eat them. Remember children, ill or elderly people, and those with allergies or who need a special diet. Nursing mothers may need liquid formula, in case they are unable to nurse. This will be a high stress time; plan for simplicity.*

CATEGORY	SELECT FOOD FROM EACH CATEGORY	QUANTITY for 2 PEOPLE
Protein	Canned: tuna, fish, beef, chicken, ham, peanut butter, nuts.	14 cans
Meals	Canned: stew, ravioli, chunky soup, chili, hash, etc.	14 cans
Vegetables	Canned: mixed vegetables, corn, carrots, peas, green beans, beets, spinach, hominy, tomatoes.	28 cans
Fruit	Canned or dry: peaches, apricots, pears, apples, prunes, raisins, oranges, pineapple, juices, etc.	28 cans of packages
Starches	Canned potatoes, yams, crackers. Instant rice**, angel hair pasta**, instant mashed potatoes**, Ramen**, crackers.	7 boxes or cans
Beans	Canned: baked beans, pork and beans, kidney beans, black beans, salad beans, etc.	7 - 14 cans
Breakfast	Cereal, granola bars, Ensure type drinks, instant oatmeal** Canned or powdered milk.	Enough for 28 breakfasts
Comfort foods & drinks	Cocoa mix, cookies, hard candy, lemonade mix, gum, etc.	
Miscellaneous	Vitamins, jam, honey	

(The above chart from [www.EmergencyKitchen.com](http://www.EmergencyKitchen.com) Sally and Ray Strackbein)

Remember that the quantities in the right column are based on two people sharing this food for two weeks. Fourteen cans of meat means that there would be one can of meat per day to share between two people. Twenty eight cans of vegetables would allow for two cans of vegetables per day for two people. If you have people with larger appetites in your family, you will want to purchase more cans.

When accessing your food storage during an emergency, make sure that cans look to be in good condition before serving their contents. A can should have no bulging of the lid, dents, broken seals or leaking. Open the can with a can opener. If the food squirts out, throw the can away. If the contents are cloudy, have a bad odor or show mold, do not eat the food in the can. If a can passes these tests, the food will be safe to eat.

Note: "Use By" or "Best If Used By" dates are a suggestion for when the food will be at its best. Food is generally safe if consumed past this date, but may have deteriorated in flavor, texture or appearance. Foods with low acid content, such as meat and vegetables, can be stored for two to five years. Foods with high acid content should be kept for a maximum of 18 months.