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Prepare an Emergency Food Kit

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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.



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