



## EMERGENCY SUPPLY KIT FOR THREE DAYS

When an emergency occurs you may lose electricity/water/phone service. Your household emergency supply kit should contain the following items:

### WATER

1. One gallon per person per day
2. Store water in clean plastic containers
3. Rotate every 6 months

Buy items for your kit over time or exchange them as gifts to help family and friends become better prepared. Rotate items as appropriate.

### CLOTHING & BEDDING

1. One complete change of clothes
2. Sturdy shoes, boots
3. Hats, gloves
4. Rain gear, outer wear, umbrella
5. Thermal underwear
6. Blankets or sleeping bags

### FOOD

(See reverse side for suggested menu and grocery list)

1. Canned meats/ fruits/ vegetables
2. Canned/boxed juices
3. Powdered milk
4. Spices – sugar and/or sugar replacement, salt, pepper
5. High energy foods: peanut butter, crackers, granola/power bars, trail mix, dry cereals
6. Baby food, baby formula (if needed)
7. Dog food (if needed)

### FIRST AID SUPPLIES

(Buy kit or create your own)

1. First-aid manual/booklet
2. Bandages of various sizes
3. First-aid tape rolls
4. Antiseptic/Anti-bacterial ointment/Antiseptic wipes
5. Scissors, tweezers, needles, safety pins
6. Thermometer
7. Non-prescription meds - pain relievers/cold & anti-diarrhea meds, antacids
8. Hand soap/sanitizer
9. Petroleum jelly

### TOOLS/HOUSEHOLD ITEMS/ EMERGENCY SUPPLIES

1. Paper cups/plates
2. Paper towels
3. Plastic utensils for eating
4. Moist towelettes
5. Trash bags/re-sealable plastic bags
6. Utility knife/pliers
7. Non-electric can opener
8. Dish pan, bucket
9. Detergent/bleach
10. Matches in water proof container
11. Battery operated radio, flash lights
12. Extra batteries
13. Small amount of Cash
14. Whistle

### SPECIAL ITEMS

1. Toilet paper
2. Feminine hygiene products
3. Medications
4. Diapers (if needed)
5. Extra eyeglasses
6. Family documents
7. Games and books
8. Pet supplies





## EMERGENCY FOOD SUPPLY

Keep this list of emergency foods handy, so you can check your supply and restock it when needed. (This list assumes you have about 1 quart of milk and a half a loaf of bread on hand.)

### Suggested Grocery List

(for 1 person; increase as need for household)

Dry cereal: 7-ounce box  
Crackers: 8-ounce box or larger  
Peanut butter: 12-ounce jar  
Canned juice: 6 pack of your favorite kind  
Applesauce: 4-pack of 6-ounce containers  
Peaches: 8-ounce can  
Fruit cocktail: 8-ounce can  
Pork and beans\*: 8-ounce can  
Corn: 8-ounce can  
Tuna\*: 3¼ -ounce can  
Processed cheese spread: 8-ounce box or 4¼ -ounce jar  
Beef stew\*: 1 small can or container  
Chili\*: 1 small can or container  
Tomato or other soup: 1 can  
Cocoa: 1 box of individual packets  
Pudding: 4-pack of 4¼-ounce containers  
Raisins: 12-ounce package  
Peanuts or other nuts: 1 package or jar  
Tea: 1 box with 16 bags, and/or instant coffee: 2-ounce jar  
Nonfat dried milk: 1 small box  
Bottled water: 3 gallons

\*Vegetarians can substitute vegetarian baked beans, peanut butter, bean soup, and vegetarian chili.

*Remember: If you have pets, plan ahead for their needs, too.*

### Suggested Grocery List

(for a household of 4)

Dry cereal: 28-ounce box or larger  
Crackers: 32-ounce box or larger  
Peanut butter: 48-ounce jar  
Individual Canned juice: 24 cans  
Applesauce: 4-4-packs of 6-ounce containers  
Peaches: 2 15½-ounce cans  
Fruit cocktail: 2 15½ -ounce cans  
Pork and beans\*: 2 15½ -ounce cans  
Corn: 2 15½ -ounce cans  
Tuna\*: 4 - 3¼ -ounce can  
Processed cheese spread: 2 pound box or 18-ounce jar  
Beef stew\*: 4 small cans or 2 – 14½ ounce cans  
Chili\*: 4 small cans or 2 – 14½ ounce cans  
Tomato or other soup: 4 cans  
Cocoa: 2 boxes of individual packets  
Pudding: 4, 4-pack of 4¼-ounce containers  
Raisins: 2, 16-ounce package  
Peanuts or other nuts: 1, 16 ounce or larger package or jar  
Tea: 1 box with 32 bags, and/or instant coffee: 8-ounce jar  
Nonfat dried milk: 1 large box  
Bottled water: 16 gallons

\*Vegetarians can substitute vegetarian baked beans, peanut butter, bean soup, and vegetarian chili.

*Remember: If you have pets, plan ahead for their needs, too.*

### Suggested menus for three days

#### Breakfast

Day 1: Cold cereal, milk, juice, coffee or tea  
Day 2: Bread, peanut butter, juice, coffee or tea  
Day 3: Cold cereal, milk, juice, coffee or tea

#### Lunch

Day 1: Peanut butter, bread, applesauce, cocoa  
Day 2: Tuna, bread, peaches, cocoa or juice  
Day 3: Cheese, crackers, pork and beans, fruit cocktail, cocoa

#### Supper or dinner

Day 1: Chili, crackers, corn, milk  
Day 2: Beef stew, crackers, pudding, milk  
Day 3: Tomato or other soup, peanut butter, bread, applesauce, milk

#### Snacks:

Pudding, dried fruits, small packages of peanuts or other nuts, cocoa, individual cans of juice, coffee or tea.