

BREAD AND CEREAL GROUP - 3 days
6 to 10 servings per day

Adult 1			Adult 2			Child 1			Child 2		
D	A	Y	D	A	Y	D	A	Y	D	A	Y
1	2	3	1	2	3	1	2	3	1	2	3
30 total for each adult											
18 total for each child											
for 3 days											

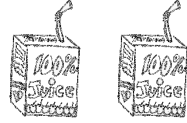
Use any combination of these. Check package for number of servings.
Bread: 1 slice = 1 serving, 1 loaf = 16 sl.
Crackers, Pretzels: 1 ounce = 1 serv.
Bread Sticks: 1 ounce = 1 serving
Rice Cakes: 1 ounce = 1 serving
Granola Bars: servings vary
Cereal to eat dry: 1 cup = 1 serving, 1 box has 4 to 12 servings, check box
Canned Date-Nut Bread: 6 serving/can
Canned ravioli, spaghetti: 2-3 serv/can

DRINKING WATER
1 GALLON PER PERSON PER DAY, or 12 gallons for 4 people for 3 days!

FRUIT GROUP - for 3 days
1 to 2 cups per day

Adult 1			Adult 2			Child 1			Child 2		
1	2	3	1	2	3	1	2	3	1	2	3
6 cups for each adult											
3 cups for each child											
for 3 days											

$\frac{1}{2}$ cup = 1 serving
Canned: 14 oz can = 3 $\frac{1}{2}$ servings
 26 oz = 6-7 servings, 8 oz = 2 servings
Juice: 46 oz can = 7 servings
Raisins, dried fruit: $\frac{1}{4}$ cup/serving



VEGETABLE GROUP
1 $\frac{1}{2}$ to 2 $\frac{1}{2}$ cups per day

Adult 1			Adult 2			Child 1			Child 2		
1	2	3	1	2	3	1	2	3	1	2	3
7 $\frac{1}{2}$ cups for each adult,											
4 $\frac{1}{2}$ cups for each child											
for 3 days											

$\frac{1}{2}$ cup = 1 serving
Canned: 14 oz can = 2 $\frac{1}{2}$ servings
Vegetable soup: 1 to 4 servings/can

PROTEIN GROUP - for 3 days
3 to 6 ounces per day

Adult 1			Adult 2			Child 1			Child 2		
1	2	3	1	2	3	1	2	3	1	2	3
18 ounces for each adult											
9 ounces for each child											
for 3 days											

Canned fish, chicken, Spam®, corned beef: 1 oz = 1 serving
Peanut butter: 2 Tbsp = 1 oz = 1 serving
Chili, canned beans: $\frac{1}{2}$ cup = 1 oz. = 1 serving, 14-16 oz can = 3 to 4 servings

DAIRY GROUP
3 to 4 cups per day

Adult 1			Adult 2			Child 1			Child 2		
1	2	3	1	2	3	1	2	3	1	2	3
12 cups for each adult											
6 cups for each child											
for 3 days											

1 cup = 1 serving
Shelf stable cartons of UHT milk or soy
Canned or powdered only with safe water
Pudding cups

How much do you need?

→→ For a 3 day supply of food for a family of 2 adults and 2 children, have enough items to check off every box.

→→ Other things to keep with the food supply:

manual can opener
plastic utensils
paper towels, napkins
paper plates, bowls, cups
hand sanitizer, disinfectant



What kinds of food should you get?

→→ Get single serving or one-meal cans whenever possible to avoid waste. Leftovers won't be safe.

→→ Use instant powdered drink mixes (Tang®, KoolAid®) to cover the taste of treated or stale water. Water may be stored in reusable plastic containers if they can be tightly sealed. Plastic milk jugs are not the best because the protein and fat from the milk are difficult to remove completely, and may allow the growth of bacteria.

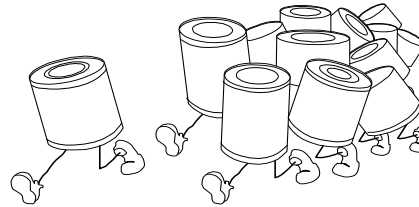
→→ If you can boil water, get instant coffee, oatmeal, rice, soup mix and cup-o-noodles.

→→ Don't get a lot of very salty foods such as chips, beef jerky or crackers. These will make you thirsty.

→→ Do plan for a few extra treats, but keep meals and foods healthy and basic. You will need energy and strength to manage the extra work.

→→ Foods packaged in cans, jars or solid plastic containers will be more secure. Foods in lightweight plastic or paper containers should be stored inside large cans or heavy zipper-lock plastic bags. Large cans, such as Christmas popcorn cans, are useful for storing foods packaged in plastic or paper.

→→ Glass jars are heavy, hard to carry and pack, and may break.



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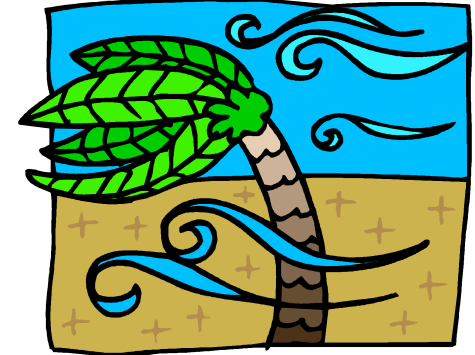
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HURRICANE FOOD SUPPLY CHECKLIST



How much you will
need
to feed a family of 4
for 3 days.