

Storing Food For Emergencies

Having food on hand in case of an emergency or disaster can greatly reduce your stress during difficult times. Having a 3 day supply of non-perishable foods stored and readily available should be adequate to get you through the worst part of most emergencies. The foods you select should be able to be safely stored at room temperature, require little to no preparation or cooking, and require little to no water.

Shelf Stable Foods

Ready to Eat:

- Canned or pouch fruits, vegetables, beans, meats, fish
- Canned soups
- Shelf-stable boxes of juices and milk
- Crackers and granola bars
- Peanut butter, jelly
- Dry cereals and granola
- Dried fruits, nuts and trail mixes
- Jerky
- Hard candy
- Meals Ready to Eat (MREs)

Also Plan Water Supplies to Prepare:

- Instant oatmeal
- Dry milk
- Instant coffee or tea bags
- Dried soups
- Instant rice and potatoes

Don't forget foods for infants, persons on special diets, and pets if that applies to your household.



Leftovers

Try to purchase canned and pouch items for your emergency supply in sizes that your family will be able to consume in one sitting. Once you open one of those packages, the leftovers must be stored in the refrigerator. If the power goes out, you won't be able to refrigerate leftovers.

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Learn more by visiting

<https://www.fcs.uga.edu/extension/preparing-an-emergency-food-supply-short-term-food-storage>



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