



Emergency food supply

A small stock of long-life food means your family can eat even when shops close or the power fails. This page explains what to store, how to build it up and how to eat safely during an outage.

CHECKLIST

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| ☐ Ready-to-eat canned meat, fish, fruit and vegetables | ☐ Long-life (UHT or powdered) milk |
| ☐ Protein or energy bars | ☐ Infant formula and baby food if needed |
| ☐ Dry cereal or granola | ☐ Manual tin opener |
| ☐ Peanut or other nut butter | ☐ Plates, cups and utensils |
| ☐ Dried fruit and nuts | ☐ Comfort foods for stress |

PREPARE

- Store at least several days of non-perishable food your family actually eats.
- Aim to be able to go a week without shopping.
- Choose foods that need no fridge, little water and little or no cooking.
- Stock canned meat, fish, fruit and vegetables, cereals, nut butter, dried fruit and bars.
- Include special diet foods, infant formula and baby food if needed.
- Add one or two extra long-life items to every regular shop.

USE AND MAINTAIN

- Eat food from the fridge first, then the freezer, then your stored food.
- Keep fridge and freezer doors closed as much as possible.
- Throw out perishable food that has been above 4°C (40°F) for two hours or more.
- Never eat from swollen, dented or rusty cans, or food that smells wrong.
- Use camping stoves and grills outdoors only, on a surface that cannot burn.
- Eat commercially canned food straight from the tin if you cannot heat it.

REVIEW

- Throw away any food that touched floodwater.
- Replace expired food and anything you used.
- Replace stored non-perishable food at least once a year.
- Buy long-life versions of foods you already use, so stock rotates naturally.

MY NOTES

Sources: Ready.gov (FEMA), Food (<https://www.ready.gov/food>); Swedish Civil Defence and Resilience Agency (MCF), Access to food during a crisis (<https://www.mcf.se/en/advice-for-individuals/home-preparedness--prepping-for-at-least-a-week/food/access-to-food-during-a-crisis/>); Ready.gov (FEMA), Build A Kit (<https://www.ready.gov/kit>); Get Prepared (Public Safety Canada), Your Emergency Preparedness Guide (<https://www.getprepared.gc.ca/cnt/rsrscs/pblctns/yprrdnssgd/>)

General guidance in our own words. Always follow your local authorities.