

Food Supplies

**Select non-perishable foods. Foods that are compact and lightweight.
Foods that require no refrigeration and can be easily prepared.**

- Water (7 gallons per person for 7 days)**
- Ready to eat canned meats, fruit and veggies
(per person for 7 days)**
- Canned juices**
- High energy foods, such as peanut butter, crackers, granola bars,
trail mix**
- Heat and serve soups**
- Comfort /stress foods in small amounts (cookies, hard candies,
sweetened cereals, instant coffee, tea bags)**
- Manual can opener**
- Disposable utensils**
- Resealing plastic bags and/or plastic wrap**

