

# Food Supplies Checklist

You can prepare for an influenza pandemic now. This checklist can be used to help you plan what food supplies could be considered and what quantities to buy for your household. It is a good idea to gradually buy items now so that you have at least a two-week supply of food for each person in your home.

**PLAN  
PREPARE  
PRACTICE**

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Comfort Foods				
Food items	2 people	4 people	Your quantity	Check off
Honey	1 jar	2 jars		
Hot chocolate mix	as desired	as desired		
Fruit roll-ups and other snacks	as desired	as desired		
Packaged cookies	as desired	as desired		

Suggested Foods That Will Not Spoil Easily				
Food items	2 people	4 people	Your quantity	Check off
Flour	11 lbs	22 lbs		
Bread mix	11 lbs	22 lbs		
Sugar	1 lb	1 lb		
Salt (includes medical use)	2.5 lbs	5 lbs		
Cereal bars	28 bars	56 bars		
Powdered milk	3 lbs	3 lbs		
Yeast, instant dried	3 oz	6 oz		
Corn meal	1 box	2 boxes		
Oatmeal	1 box	2 boxes		
Pasta	3 lbs	6 lbs		
Rice	2 lbs	4 lbs		
Beans/lentils	1-1.5 lbs	1-2 lbs		
Breakfast cereals	2 boxes	4 boxes		
Baking soda	1 box	1 box		
Bottled water	1 gallon per person, per day. Extra for pets.			

## Foods That Last One Year

Food items	2 people	4 people	Your quantity	Check off
Canned vegetables	14 (14oz) cans	28 (14oz) cans		
Canned milk	4 (14oz) cans	8 (14 oz) cans		
Canned casseroles/ meats	4 cans	8 cans		
Baked beans, spaghetti	4 (14oz) cans	8 (14oz) cans		
Canned soups	8 (14oz) cans	16 (14oz) cans		
Pasta sauce	2 jars	4 jars		
Canned fish	4 (8oz) cans	8 (8oz) cans		
Canned fruit	14 (14oz) cans	28 (14oz) cans		
Instant meals	as desired	as desired		
Instant puddings	as desired	as desired		
Dried fruit	2 lbs	4 lbs		
Dried vegetables	1lb	2 lbs		
Soup mixes	6-8 packets	12-16 packets		

## Use By Expiration Date

Food items	2 people	4 people	Your quantity	Check off
Crackers	7 packets	14 packets		
Energy bars/biscuits	4-6 packets	8-12 packets		
Nuts	2 lbs	4 lbs		
Dry milk	1 box	2 boxes		
Peanut butter	2 jars	4 jars		
Jelly	7 packets	14 packets		
Sports drinks	2 cases	4 cases		
Baby formula	as needed	as needed		
Baby food	as needed	as needed		
Pet food (if needed)	2-week supply	2-week supply		
Coffee	1 medium jar	1-2 large jars		
Tea	50-100 bags	100-200 bags		