

Food Supplies Checklist

This checklist can be used to help you plan what food supplies you'll need 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.

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		
Milk powder	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		

Comfort Foods

Food items	2 people	4 people	Your quantity	Check off
Chocolate and candies	as desired	as desired		
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		



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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 (420g) cans	8 (420g) cans		
Canned soups	8 (420g) cans	16 (420g) cans		
Pasta sauce	2 jars	4 jars		
Canned fish	4 (200g) cans	8 (200g) cans		
Canned fruit	14 (400g) cans	28 (400g) cans		
Instant meals	as desired	as desired		
Instant puddings	as desired	as desired		
Dried fruit	2 lbs	4 lbs		
Dried vegetables	1 lb	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		
Soy 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 (depends on usage)	1 medium jar	1-2 large jars		
Tea (depends on usage)	50-100 bags	100-200 bags		

