

Preparedness checklist



Food

Use this to help you prepare for the impacts of a severe disruption to your food supply.

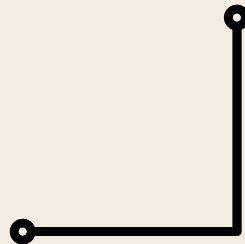
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Being prepared with an essential food supply is crucial for weathering emergencies with minimal disruption to your daily life.








Ensuring your pantry is well-stocked with items that can **sustain your family for at least 72 hours** can make a significant difference in maintaining comfort and nutrition when access to stores or restaurants is hindered.








Essential items and back-ups





The goal is to ensure enough food for at least 72 hours, considering the average daily calorie intake per person is about 2,000 to 2,500 calories. Adjust based on your preferences, dietary needs and storage capacity :



Tools and back-ups	Description	✓
Rice	2 kg (stores well and is versatile).	
Pasta	2 kg (easy to cook, high energy content).	
Quinoa	1 kg (gluten-free, high in protein).	
Oats	1 kg (for breakfasts, can be eaten hot or cold).	

Tools and back-ups	Description	✓
 Crackers	1 kg (for snacking or as bread substitute).	
 Canned beans	8 cans (variety of types, ready to eat).	
 Canned tuna / salmon / chicken	8 cans (for essential omega-3s and proteins).	
 Peanut butter / nut butters	2 jars (high in energy and protein).	
 Nuts and seeds	1 kg (snacks high in calories and nutrients).	
 Canned vegetables	15 cans (include a variety of green beans, corn, peas).	
 Canned fruit	10 cans (in juice, not syrup, for less added sugar).	

Tools and back-ups	Description	✓
 <p>Dried fruit</p>	1 kg (raisins, apricots, for natural sugars and fiber).	
 <p>Applesauce</p>	5 jars (no sugar added varieties).	
 <p>Powered milk</p>	1 kg (for cooking and as a drink).	
 <p>Shelf-stable milk or milk alternatives</p>	4 cartons (soy, almond, oat milks that are shelf-stable).	
 <p>Canned or shelf-stable cheese</p>	1 kg (for adding to meals or as snacks).	
 <p>Honey or syrup</p>	1 jar (natural sweeteners).	
 <p>Coffee / tea</p>	1 kg coffee or 100 tea bags (for comfort and normalcy).	

Tools and back-ups	Description	✓
 Seasonings	An assortment (salt, pepper, herbs, and spices to flavour meals).	
 Energy / granola bars	2 boxes (quick energy sources).	
 Instant meals	8-10 packages (cup noodles, instant soup mixes for quick meals).	
 Pet food	If applicable, enough for 72 hours.	

Food storage

Aside from what's in your cupboards, here are some things to think about when organising your food.

- 1) **Rotate stock** : Use and replace items regularly to keep your stock fresh.
- 2) **Special dietary needs** : Consider any allergies or dietary restrictions in your family.
- 3) **Cooking methods** : Ensure you have a way to cook or heat food without electricity, like a camp stove or grill.
- 4) **Storage** : Keep food in a cool, dry place to extend shelf life.

During and after outage

Understanding how to manage your food during a power outages is essential.

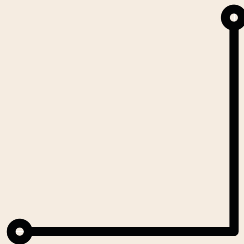
// During the outage

Prioritise perishables : Use perishable items first, taking advantage of cooler outdoor temperatures to keep food cold if necessary.

Safe cooking : Utilise safe outdoor cooking methods, such as a barbecue grill or camp stove, remembering to follow safety precautions to prevent any accidents.

// After the outage

Restock and refresh : After the power is restored, take the time to replenish your food supply, ensuring you're prepared for any future outages. Check and replace any items used or spoiled during the outage.



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