Emergency Preparedness:
Food Storage

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How much food should be stored?

- At least a 3-day supply.
- Can base amounts and types of food on Food Guide Pyramid servings.
- Store food your family likes and would normally eat.
Shelf Stable Foods for Emergency Food Supply - Grains

- Crackers
- Pretzels
- Tortillas
- Tortilla chips
- Graham crackers
- Ready-to-eat cereals

- Granola bars
- Cookies
- *Instant hot breakfast cereal
- *Instant rice
- *Cup-a-noodles
- *Pasta

*Useable if able to boil water
Shelf Stable Foods for Emergency Food Supply- Vegetables

- Canned vegetables
- Canned spaghetti sauce
- Canned vegetable soups
- Canned vegetable juice
- *Dried vegetables
- *Instant vegetable soups
- *Instant mashed potatoes
  *Useable if able to boil water
Shelf Stable Foods for Emergency Food Supply - Fruits

- Canned fruit
- Dried fruits (raisins, prunes, apricots, apples, etc)
- Applesauce
- Canned or bottled fruit juice or nectar
Shelf Stable Foods for Emergency Food Supply- Milk and Cheese

- Powdered milk
- Canned evaporated milk
- Canned pudding
- Shelf-stable snack cup pudding
- Shelf-stable processed cheese
Shelf Stable Foods for Emergency Food Supply - Meat, Poultry, Fish, Dry Beans, Nuts

- Canned tuna
- Canned chicken/turkey
- Canned meat
- Canned ham
- Sardines
- Canned whole or refried beans
- Canned chili
- Canned ravioli/spaghetti
- Canned stew
- Jerky
- Peanut butter
- Nuts (peanuts, pecans, almonds, etc.)
Shelf Stable Foods for Emergency Food Supply - Other Foods

- Chocolate powder
- Chocolate bars
- Candy
- Tea bags
- Instant coffee
Shelf Stable Foods for Emergency Food Supply - Special Needs

- Babies: Powdered formula, baby food
- Children or adults with special dietary needs (Example: diabetes): Store foods that meet dietary needs
- Pet food for pets
Three-day Food Supply Should Include the Following Servings per Person:

- Grains: 22-30
- Vegetables: 10
- Fruits: 10-12
- Milk/Cheese: 8
- Meat, etc: 8
Managing Emergency Food Supply

- Rotate and use food every 6 to 12 months.
- Keep manual can opener and eating utensils on hand.
- Store in pantry, cupboard or special area (like basement or spare room).
Cooking Food During an Emergency

- If power is on and no damage to electrical lines or gas pipes, can use stove as normal.
- If power and gas are off, can use gas or charcoal grills or camp stoves. (THESE MUST ONLY BE USED OUTDOORS)
What about using up perishable foods?

- Use fresh fruits and vegetables, breads.
- Don’t use food that needs to be refrigerated if it’s been at room temperature for more than two hours.
Information Sources:

- Three-Day Emergency Supply of Shelf-Stable Food for One Person: Colorado State University
  www.ext.colostate.edu/pubs

- Emergency Food and Water Supplies: Federal Emergency Management Agency (FEMA)
  www.fema.gov/pte
Additional Information on Long Term Food Storage and Use

- FEMA  www.fema.gov/pte
- Utah State University Cooperative Extension Service http://extension.usu.edu/publica/foodpubs