

Emergency Food and Water Supply Kit Checklist

- Store enough water per person for **3 days** in plastic containers. That's 4 quarts per person for drinking, cooking and hygiene! Stored water needs to be treated to make sure it will be safe to drink when you need it. Talk to you parent about treating your stored water.
- You also need a 3 day supply of food that doesn't need to be refrigerated. Another word for this is *non-perishable*. The items that are not canned should be kept in plastic bags. Make sure to check these items periodically for expiration dates, etc. Some items to include are:
 - o Ready to eat canned meats, fruits and vegetables
 - o Canned juice, milk and soup
 - o Sugar, salt and pepper
 - o Peanut butter
 - o Jelly
 - o Crackers
 - o Granola bars
 - o Trail mix
 - o Vitamins
 - o Hard Candy or lollipops
 - o Foods for those with special needs, such as babies
 - o Remember any medications you might need