Survival Food Kit

Keep at least a 72 hour supply of emergency foods on hand for every member of the household. Make sure you also have items needed for preparing the food, such as a can opener, a supply of water for dehydrated meals, and an energy source for cooking, if applicable.

Suggested items:

- Canned protein sources, such as meat, tuna or beans
- Canned vegetables and fruit
- Individually wrapped bars, such as granola bars or protein bars
- Dry cereal or granola
- Peanut butter
- Dried fruit
- Nuts and/or trail mix
- Crackers
- Canned juices
- Non-perishable pasteurized milk
- Candy, gum or other non-perishable sweet treats
- Food for infants
- Salt, pepper or other spices if you will be cooking food
- Ample water
- Food for pets

Buy items that appeal to your taste buds and offer maximum nutritional value.