

Emergency Food Guide

| Food should: | Equipment should: |
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| <ul style="list-style-type: none">- Be shelf stable- Have limited cooking requirements- Have limited equipment required- Be high in protein and energy for sufficient fuel- Be low cost- Take up little space- Be enough for 3 days- Include hydration | <ul style="list-style-type: none">- Have multiple uses- Not rely on power- Include batteries and gas |



Emergency Food Guide: Examples



If you want access to hot food and have the space to store more equipment include the items below as well.



Emergency Food Guide: Shopping List

3-Day emergency food pack at approximately \$55 per person

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| 1 x 3 pack Up&Gos | 1 x jar of Sanitarium natural peanut butter |
| 1 x box of 5 Sam's Pantry protein bars | 1 x 500g pack of natural nuts |
| 1 x 5 pack of Maggi 2 minute noodles | 1 x bag of home brand milk powder |
| 1 x 90g can of home brand tuna | 1 x 420g can of home brand baked beans |
| 1 x 90g can of home brand salmon | 1 x 410g can of home brand whole potatoes |
| 1 x 70g can of Edgell's chickpeas in olive oil | 1 x Sirena pasta with tuna meal |
| 1 x 420g can of home brand corn kernels | 1 x 500g can of Heinz chunky beef and vegetable soup |
| 1 x pack of plain corn thins | 1 x 6 pack of 1.5L home brand water bottles |

Remember to check expiry dates, use and replace as needed



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