

P R E P A R E D t o R E S P O N D

Food & Water Checklist

Food and water are essential. If disaster strikes, you may not be able to go to the store and pick up items you need. That's why it's important to plan ahead. When creating a disaster preparedness kit for your family, you should have a 7-day food supply and enough water so each member of your family can have one gallon per day.



The checklist below is the first of this series for *National Preparedness Month* and should be used as a guide. Feel free to add or subtract items from the list based on your family's specific needs and don't forget to check back next week for more tips on preparing your family to respond.

	HOUSEHOLD SIZE				
✓	1	2	3	4	
	7	14	21	28	Gallons of water
	6	12	18	24	Cans of meat
	6	12	18	24	Cans of fruit
	6	12	18	24	Cans of vegetables
	2	2	4	4	Box(es) of dry cereal
	2	2	4	4	Box(es) of fruit bars
	2	2	2	4	Package(s) of nuts
	2	2	4	2	Large jar of peanut butter
	2	2	4	4	Large bottle(s) of fruit juice
	2	2	4	4	Box(es) of crackers

