

Use this checklist to stock your emergency pantry, keeping in mind that the items in your emergency pantry should fit your family's dietary needs.

Water and/or sports drinks (One gallon per person per day for several days, for drinking and sanitation)	Peanut butter
	Jelly
Canned chicken and/or tuna	Bread
Jerky	Nuts or trail mix
Canned fruit	Granola bars or energy bars
Canned vegetables	Shelf stable milk
Ready-to-eat cereal	Stocks and/or broths
Instant oatmeal	Baby formula or food, if applicable
Canned soup	Pet food, if applicable
Precooked rice or instant rice	Disposable dinnerware
Crackers	