



# Emergency Preparedness: Food Storage

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## How much food should be stored?

- ◆ At least a 3-day supply.
- ◆ Can base amounts and types of food on Food Guide Pyramid servings.
- ◆ Store food your family likes and would normally eat.

## Shelf Stable Foods for Emergency Food Supply- Grains

- ◆ Crackers
- ◆ Pretzels
- ◆ Tortillas
- ◆ Tortilla chips
- ◆ Graham crackers
- ◆ Ready-to-eat cereals
- ◆ Granola bars
- ◆ Cookies
- ◆ \*Instant hot breakfast cereal
- ◆ \*Instant rice
- ◆ \*Cup-a-noodles
- ◆ \*Pasta

\*Useable if able to boil water

## Shelf Stable Foods for Emergency Food Supply- Vegetables

- ◆ Canned vegetables
  - ◆ Canned spaghetti sauce
  - ◆ Canned vegetable soups
  - ◆ Canned vegetable juice
  - ◆ \*Dried vegetables
  - ◆ \*Instant vegetable soups
  - ◆ \*Instant mashed potatoes
- \*Useable if able to boil water

## Shelf Stable Foods for Emergency Food Supply- Fruits

- ◆ Canned fruit
- ◆ Dried fruits (raisins, prunes, apricots, apples, etc)
- ◆ Applesauce
- ◆ Canned or bottled fruit juice or nectar

## Shelf Stable Foods for Emergency Food Supply- Milk and Cheese

- ◆ Powdered milk
- ◆ Canned evaporated milk
- ◆ Canned pudding
- ◆ Shelf-stable snack cup pudding
- ◆ Shelf-stable processed cheese

## Shelf Stable Foods for Emergency Food Supply- Meat, Poultry, Fish, Dry Beans, Nuts

- ◆ Canned tuna
- ◆ Canned chicken/turkey
- ◆ Canned meat
- ◆ Canned ham
- ◆ Sardines
- ◆ Canned whole or refried beans
- ◆ Canned chili
- ◆ Canned ravioli/spaghetti
- ◆ Canned stew
- ◆ Jerky
- ◆ Peanut butter
- ◆ Nuts (peanuts, pecans, almonds, etc.)

## Shelf Stable Foods for Emergency Food Supply- Other Foods

- ◆ Chocolate powder
- ◆ Chocolate bars
- ◆ Candy
- ◆ Tea bags
- ◆ Instant coffee

## Shelf Stable Foods for Emergency Food Supply- Special Needs

- ◆ Babies: Powdered formula, baby food
- ◆ Children or adults with special dietary needs (Example: diabetes): Store foods that meet dietary needs
- ◆ Pet food for pets

## Three-day Food Supply Should Include the Following Servings per Person:

- ◆ Grains: 22-30
- ◆ Vegetables: 10
- ◆ Fruits: 10-12
- ◆ Milk/Cheese: 8
- ◆ Meat, etc: 8

# Managing Emergency Food Supply

- ◆ Rotate and use food every 6 to 12 months.
- ◆ Keep manual can opener and eating utensils on hand.
- ◆ Store in pantry, cupboard or special area (like basement or spare room).

# Cooking Food During an Emergency

- ◆ If power is on and no damage to electrical lines or gas pipes, can use stove as normal.
- ◆ If power and gas are off, can use gas or charcoal grills or camp stoves. **(THESE MUST ONLY BE USED OUTDOORS)**



## What about using up perishable foods?

- ◆ Use fresh fruits and vegetables, breads.
- ◆ Don't use food that needs to be refrigerated if it's been at room temperature for more than two hours.

## Information Sources:

- ◆ Three-Day Emergency Supply of Shelf-Stable Food for One Person: Colorado State University  
[www.ext.colostate.edu/pubs](http://www.ext.colostate.edu/pubs)
- ◆ Emergency Food and Water Supplies: Federal Emergency Management Agency (FEMA)  
[www.fema.gov/pte](http://www.fema.gov/pte)

## Additional Information on Long Term Food Storage and Use

- ◆ FEMA [www.fema.gov/pte](http://www.fema.gov/pte)
- ◆ Utah State University Cooperative Extension Service  
<http://extension.usu.edu/publica/foodpubs>