

Prepare Now – Grocery List

Disaster Grocery List for a typical family of 4 for 2 weeks

Adjust this for more people or longer time periods.

Traditional advice was to lay in enough food and water to last three days.

Since the devastating hurricanes/snow and other natural disasters around the world of the past few years, that advice has been revised upward to at least two weeks or up to three months if you really want to be covered in the event there is a flu epidemic.

To prevent spoilage, rotate the supplies in with the food you are eating every six months, and then restock. Below is a sample grocery list for a typical family of four.

Adjust quantities up or down according to the head count of your family. Adjust the items to suit your likes/dislikes & taste.

GET CREATIVE! If you need some inspiration, Very quick & easy menus to fill & feed your family can be obtained - ask the group. Do not think just because there is a disaster you need to be on a ration of crappy tasting food. If you are hungry or are having rubbish food, you WILL be grumpy. Also Food will be your only happiness when a disaster hits, so when shopping for items try and get interesting things, filling & if possible as healthy as you can. You will need a basic knowledge of food types.

We all need carbs & fat esp if there is a disaster, for energy & warmth , try and mix & match the foods you buy keeping healthy options as well as high calorie options for energy.

As for water technically you're supposed to figure on a gallon per person per day if you're limited on storage space just buy as much as you have room for, but then count on having to run out for more later.

Foods

- 16 cans tuna, salmon, and/or sardines
- 4 tins of ham/spam
- 6 cans chicken in a white sauce 6 of plain chicken Breast meat.
- 6 cans chili
- 6 tins of meat balls
- 6 cans of baked beans

- 6 tins of spaghetti
- 6 cans other beans
- 24 cans soups and stews
- 24 cans fruit
- 1 tin of custard powder
- tins of sweet pie filling that can be used as a dessert.
- 12 of each - tins of - carrots, peas, sweet corn, green beans or any other vegetable
- 6 bags pasta
- 6 bags of rice
- 12 jars pasta sauce (Pasta sauce does not need to go over pasta it can be used as a base for a home made soup
- 12 packets of pasta sauce you can add water too
- 1 container of curry powder
- selection of your favourite sauces (Tomato/brown/chilli etc)
- bottle of double strength squash
- 2 jar pickles
- 5lt bottle cooking oil
- 20 cartons granola, breakfast or power bars
- 8 bags dried fruit
- 2 40-oz jars peanut butter
- 4 jars jam
- 8 boxes crackers
- 3 gallons powdered milk
- 2 (or more) can coffee
- catering size of tea bags
- 2 horlicks/hot chocolate
- 6 boxes dried cereal
- 2 boxes pancake mix
- 8 boxes oatmeal
- 7 boxes garbage bags
- 10 packets dried nuts

DON'T FORGET YOU PETS! - large bag dried pet food and cat litter (for families with pets)

Some other supplementary stuff.

- 4 packages each of paper plates, bowls, cups, utensils
- 24 (or more if you can) rolls toilet paper
- 8 bottles hand sanitizer
- Tube toothpaste, toothbrushes, soap, large bottle shampoo
- Matches / flint as well & lighters (pack of 5 from £1 shop)
- 14 boxes of fire lighters

- Whistle
- Playing cards, board games couple of books and drawing paper A pencil case with ruler, pencils and coloured pencils & pens. waterproof notebook & paper in a water tight box
- Bottle of bleach/Jeyes Fluid
- Super glue
- Your bug out bag & Medical supplies
- A few packs of Tyvek suits & Dust masks & boxes of latex gloves
- Religious books / texts etc

This is a sample list re groceries - work out your own amounts & items needed

Handy reminder, when you get your prescription from the Dr, unpack it all and put in a sealed Plastic box, ready to pick up at a moments notice. If there is more than one of you on Meds, label each box with the name of the person. Don't forget your first aid kit when bugging in/out!

Other Recommendations:

Here are some recommended ways to store water:

- 15, 30 or 55-gallon barrels are convenient.
- 16 drops of regular bleach per gallon will purify.
- Large plastic containers that fit on a water cooler work well, too. If you buy water, get water in clear plastic bottles.
- Cloudy plastic breaks down over time and will leak.
- Figure a bare minimum of 1 gallon of clean water per person per day. (Your hot water heater can serve for 30 gallons.)

If electricity becomes intermittent, have a crank up flashlight per person. Also a battery powered or crank up radio.

An alternate way to cook is on your barbeque or a camping stove.

(Always use these outdoors, never in your house or garage. The carbon monoxide will kill you)

You might want to include a full box of kitchen size garbage bags that can line the (empty) toilet and use with camping porta potty chemicals in case the sewer no longer works.

Keep £50 per person in small bills or change for each family member, as ATMs will go down first. Mobile phones may or may not work.

