3-Day Food & Water Supply List

Remember the following in an emergency:

- Each child needs at least two well-balanced meals a day. Adults need at least one nutritious meal a day.
- Each person needs to drink enough liquid to enable the body to function properly.

Ready-to-Eat Foods

- Apple sauce
- Cereal
- Dried fruits and jams
- Crackers, granola bars, and cookies
- Canned or boxed juice and milk
- Canned broths and soups
- Canned fruits, vegetables, beans, meats, fish
- Meals Ready to Eat (MRE)
- Infant food (pureed food)
- Nuts, trail mix, and nut butters (unless you have a nut-free program)

Foods that Need Water

- Instant oatmeal
- Dry milk
- Powdered drink mixes
- Instant pudding
- Dried pudding
- Instant rice and potatoes
- Infant formula

Food Storage

- Keep canned or packed food in a cool, dry place (check the expiration date at least twice per year).
- Store boxed food in tightly closed plastic or metal containers.
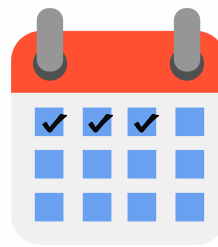
Water Storage

- Buy commercially bottled water and store it in the sealed original container in a cool, dark place.
- Replace water supply every six months.

Keep a 3-Day Supply of Water for Each Person at Your Program

1 child = 1/2 gallon per day
1.5 gallons for 3 days

1 adult = 1 gallon per day
3 gallons for 3 days

The recommendations above include water for food preparation and sanitation.

Supplies to Keep with Food & Water

- Plastic dishes and utensils
- Manual can opener
- Bottles for infants
- Cups for drinking water

If the Electricity Goes Off...

- **First:** Use perishable foods from the refrigerator only if the refrigerator temperature remains 41°F or below (39°F for human milk).
- **Then:** Use foods from the freezer only if the freezer temperature remains 10°F or below (0°F for human milk). You can cover the freezer with a blanket to keep it cold.
- **Finally:** Use dry goods and canned foods.

Adapted from: University of Georgia Extension, FEMA.gov, CDC.gov, and dcyf.wa.gov

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