



# EMERGENCY PANTRY CHECKLIST

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)
- Canned chicken and/or tuna
- Jerky
- Canned fruit
- Canned vegetables
- Ready-to-eat cereal
- Instant oatmeal
- Canned soup
- Precooked rice or instant rice
- Crackers
- Peanut butter
- Jelly
- Bread
- Nuts or trail mix
- Granola bars or energy bars
- Shelf stable milk
- Stocks and/or broths
- Baby formula or food, if applicable
- Pet food, if applicable
- Disposable dinnerware