

# Emergency Food Supply List

Supply List · 30 items · 9 sections

Build a 30-day emergency food and water stockpile with this organised supply list covering shelf-stable food, water, and cooking essentials.

Open the editable version online:

<https://genechecklist.com/checklist/emergency-food-supply-list>

## WATER

- Bottled water (30-day supply: 4.5L per person per day)

HIGH

*Store in cool, dark place. Rotate every 6-12 months*

- Water purification tablets

HIGH

- Water filter (gravity or LifeStraw)

## CANNED GOODS

- Canned vegetables (sweetcorn, peas, tomatoes)

HIGH

- Canned beans and legumes

HIGH

- Canned tuna, salmon, and sardines

HIGH

- Canned chicken or meat

HIGH

- Canned soups and stews

HIGH

- Canned fruit (in juice, not syrup)

## DRY STAPLES

- White rice

HIGH

- Pasta (dried)

HIGH

- Rolled oats / porridge oats

HIGH

- Dried lentils and split peas

HIGH

- Crackers and flatbreads (sealed packs)
- Plain flour and baking powder

## PROTEIN AND FATS

- Peanut butter or nut butter

HIGH

- Tinned or powdered milk

HIGH

- Cooking oil (vegetable or olive)

HIGH

## SNACKS AND ENERGY

- Mixed nuts and dried fruit
  - Protein or energy bars
- HIGH
- Honey (natural preservative, energy source)
  - Dark chocolate (morale booster + calories)

## FLAVOURING

- Salt, pepper, and basic spices
- HIGH
- Sugar
  - Tea and coffee (for morale)

## NUTRITION

- Multivitamins (30-day supply per person)

## COOKING

- Camp stove with spare fuel canisters
- HIGH
- Manual can opener
- HIGH
- Waterproof matches and lighter
- HIGH

## MANAGEMENT

- Food rotation log (to track expiry dates)

*Use oldest items first, replace with fresh stock*