SET YOUR CLOCKS CHECK YOUR STOCKS

Get Ready Grocery Shopping List

- ❑ Bottled water
- ❑ Canned juice
- ❑ Canned or boxed milk
- ❑ Canned fruits and vegetables
  - ❑ Green beans
  - ❑ Corn
  - ❑ Peaches
  - ❑ Fruit cocktail
  - ❑ Pears
  - ❑ Pineapple
- ❑ Peanut butter and jelly
- ❑ Canned pasta or spaghetti
- ❑ Crackers (look for low-sodium)
- ❑ Canned meat and fish
  - ❑ Chicken
  - ❑ Tuna
  - ❑ Salmon
  - ❑ Turkey
  - ❑ Vienna sausages
- ❑ Soups (look for low-sodium)
- ❑ Dried fruit
- ❑ Protein drinks
- ❑ Granola bars
- ❑ Dried cereal
- ❑ Nuts (unsalted, preferably)
- ❑ Cookies, candy bars, hard candy

Emergency preparedness stockpile grocery list

Every American should have at least a three-day supply of food and water stored in their home, with at least one gallon of water per person per day. If you have the space, experts recommend a week's supply of food and water. Choose foods that don't require refrigeration and are not high in salt. Your stockpile should also contain flashlights, a radio, manual can opener, batteries and copies of important documents. Depending on your family's needs, you may also need medical supplies, pet food, contact lens solution or diapers.

If it's too expensive for you to buy everything for your stockpile at once, pick up one or two items every time you go to the grocery store. Stock up on canned vegetables or batteries when there is a sale. Bulk "club" stores can also help you save money on your supplies, especially if you split a case with a friend, co-worker or neighbor, who can serve as your "preparedness buddy."

For more tips on creating your own emergency preparedness stockpile, see www.getreadyforflu.org/clocksstocks

Get Ready
www.getreadyforflu.org

APHA American Public Health Association

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IDAHO DEPARTMENT OF HEALTH & WELFARE