



EMERGENCY SUPPLY KIT FOR THREE DAYS

Disasters happen anytime and anywhere. When a disaster strikes you may not have much time to respond. Your Household Emergency Supply Kit should contain a 3-day supply of the following:

WATER

1. One gallon per person per day
2. Store water in clean gallon plastic containers

For more ideas visit our website at:
<http://cce.cornell.edu/onondaga/nutrition/FactSheets/planforweatherrelated.htm>

CLOTHING & BEDDING

1. One complete change of clothes
2. Sturdy shoes, boots
3. Hats, gloves
4. Rain gear, outer wear, umbrella
5. Thermal underwear
6. Blankets or sleeping bags

FOOD

(See reverse side for Suggested menu and Grocery list)

1. Non-Perishable canned goods
2. Powdered milk
3. Spices – sugar and/or sugar replacement, salt, pepper
4. High energy foods: peanut butter, crackers, granola bars, trail mix, dry cereals
5. Baby food, baby formula (if needed)
6. Dog food (if needed)

FIRST AID SUPPLIES

1. Bandages
2. Moist anti-bacterial towelettes
3. Anti-bacterial ointment
4. Scissors, tweezers, needles, safety pins
5. Thermometer
6. Non-prescription medications like aspirin, cold medicine
7. Anti-bacterial hand gel
8. Anti-bacterial hand soap
9. Petroleum jelly

HOUSEHOLD ITEMS AND EMERGENCY EQUIPMENT

1. Paper cups
2. Paper plates
3. Plastic utensils
4. Paper towels
5. Trash bags
6. Utility knife
7. Non-electric can opener
8. Dish pan, bucket
9. Detergent
10. Candles, matches (in water proof container)
11. Battery operated radio, flash lights
12. Extra batteries
13. Cash or Traveler's Checks

SPECIAL ITEMS

1. Toilet paper
2. Feminine hygiene products
3. Medications
4. Diapers (if needed)
5. Extra eyeglasses
6. Family documents
7. Games and books





EMERGENCY FOOD SUPPLY from Cornell Cooperative Extension-Onondaga County.

Keep this list of emergency foods handy, so you can check your supply and restock it when needed. (This list assumes you have about 1 quart of milk and a half a loaf of bread on hand.)

Suggested Grocery List

(for 1 person; increase as need for household)

Dry cereal: 7-ounce box
 Crackers: 8-ounce box or larger
 Peanut butter: 12-ounce jar
 Canned juice: 6 pack of your favorite kind
 Applesauce: 4-pack of 6-ounce containers
 Peaches: 8-ounce can
 Fruit cocktail: 8-ounce can
 Pork and beans*: 8-ounce can
 Corn: 8-ounce can
 Tuna*: 3¼ -ounce can
 Processed cheese spread: 8-ounce box or 4¼ -ounce jar
 Beef stew*: 1 small can or container
 Chili*: 1 small can or container
 Tomato or other soup: 1 can
 Cocoa: 1 box of individual packets
 Pudding: 4-pack of 4¼-ounce containers
 Raisins: 12-ounce package
 Peanuts or other nuts: 1 package or jar
 Tea: 1 box with 16 bags, and/or instant coffee: 2-ounce jar
 Nonfat dried milk: 1 small box
 Bottled water: 3 gallons

*Vegetarians can substitute vegetarian baked beans, peanut butter, bean soup, and vegetarian chili.

Remember: If you have pets, plan ahead for their needs, too.

Suggested Grocery List

(for a household of 4)

Dry cereal: 28-ounce box or larger
 Crackers: 32-ounce box or larger
 Peanut butter: 48-ounce jar
 Individual Canned juice: 24 cans
 Applesauce: 4-4-packs of 6-ounce containers
 Peaches: 2 1½-ounce cans
 Fruit cocktail: 2 1½ -ounce cans
 Pork and beans*: 2 1½ -ounce cans
 Corn: 2 1½ -ounce cans
 Tuna*: 4 - 3¼ -ounce can
 Processed cheese spread: 2 pound box or 18-ounce jar
 Beef stew*: 4 small cans or 2 – 14½ ounce cans
 Chili*: 4 small cans or 2 – 14½ ounce cans
 Tomato or other soup: 4 cans
 Cocoa: 2 boxes of individual packets
 Pudding: 4, 4-pack of 4¼-ounce containers
 Raisins: 2, 16-ounce package
 Peanuts or other nuts: 1, 16 ounce or larger package or jar
 Tea: 1 box with 32 bags, and/or instant coffee: 8-ounce jar
 Nonfat dried milk: 1 large box
 Bottled water: 16 gallons

*Vegetarians can substitute vegetarian baked beans, peanut butter, bean soup, and vegetarian chili.

Remember: If you have pets, plan ahead for their needs, too.

Suggested menus for three days

Breakfast

Day 1: Cold cereal, milk, juice, coffee or tea
 Day 2: Bread, peanut butter, juice, coffee or tea
 Day 3: Cold cereal, milk, juice, coffee or tea

Lunch

Day 1: Peanut butter, bread, applesauce, cocoa
 Day 2: Tuna, bread, peaches, cocoa or juice
 Day 3: Cheese, crackers, pork and beans, fruit cocktail, cocoa

Supper or dinner

Day 1: Chili, crackers, corn, milk
 Day 2: Beef stew, crackers, pudding, milk
 Day 3: Tomato or other soup, peanut butter, bread, applesauce, milk

Snacks:

Pudding, dried fruits, small packages of peanuts or other nuts, cocoa, individual cans of juice, coffee or tea.

"Funding for this material was provided by FNS/USDA and Cornell Cooperative Extension of Onondaga County. The Food Stamp Program provides nutrition assistance to people with low income. It can help to buy nutritious foods for a better diet. To find out more, contact the Food Stamp Office at (315) 435-2526 or 1-800-344-3009 or Nutrition Outreach Food Bank of CNY at (315) 437-1899. Cornell Cooperative Extension in Onondaga County is an equal opportunity provider and employer." Fall 2012

