

Seven-Day Emergency Food Kit

Be ready. Be prepared. Emergencies can happen anytime. During an emergency, stores may be closed, roads blocked, and you may have to evacuate your residence. Examples of emergencies include an infectious disease outbreak (SARS 2003), severe weather events (ice storm 1998), and technological failures (blackout 2003). It is important to be prepared and have a seven-day emergency supply of food and water for your family in your home.

Food selection considerations

1. Take into account the needs of each family member. Food requirements may vary for family members with special diets, infants, children, and elderly members.
2. Individuals with disabilities and allergies may also have specific dietary requirements.
3. Select food that your family likes and eats on a regular basis.
4. Include food items which are:
 - non-perishable
 - do not require refrigeration
 - require minimal or no water
 - require minimal or no cooking.
5. Offer a variety of food in each meal (if possible).
6. Serve a beverage with every meal.
7. Do not forget to take into account food requirements for your pet(s).

Food list categories

The following list can be used as a guide to create your **Seven-Day Emergency Food Kit**. The list is based on the **four food groups** identified in Canada's Food Guide http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index_e.html

1. Grain Products:

- Bagel Chips
- Canned pasta
- Cookies/biscuits
- Cornmeal
- Crackers
- Melba toast, bread sticks, rice cakes
- Pita chips
- Ready-to-eat breakfast cereal – individual serving packs
- Rice – quick cooking
- Soda crackers
- Uncooked instant cereals (oatmeal) – individual serving packs
- Granola bars – different varieties

2. Vegetables and Fruit:

- Applesauce
- Canned condensed or ready-to-serve vegetable soups
- Canned fruits (pears, peaches, pineapples, oranges)
- Canned vegetables (carrots, peas)

3. Milk and Alternatives:

- Milk – condensed, dehydrated, or evaporated

4. Meat and Alternatives:

- Canned beans (chickpeas, kidney beans)
- Canned chili
- Canned fish (salmon, sardines, tuna)
- Canned meat (ham, sausages)
- Canned poultry (chicken or turkey)
- Canned stew – beef stew

- Dried fruits (apples, apricots, bananas, prunes, raisins)
- Fruit salad cups
- Instant mashed potatoes
- Vegetable juices – bottles or boxes
- 100% fruit juices – bottles or boxes

- Canned ready-to-serve meat soups
- Dried or powdered eggs
- Dried meats (beef jerky or beef sticks)
- Nut butter (peanut butter, almond butter, cashew butter, sesame tahini)

Other items for your kit

Fluids:

- Bottled water – 4 litres per person per day
- Powdered beverage crystals (orange juice, fruit punch)
- Sports drinks
- Water for pets

Food for infants and your children:

- Cereals (age appropriate)
- Purees –vegetables and fruit (age appropriate)
- Formula

Comfort foods (snacks):

- Biscuits
- Chocolate bars
- Cookies
- Gelatin cups
- Hard candy
- Hot chocolate
- Instant coffee
- Individual pudding cups – various flavours
- Nuts and seeds (almonds, cashews, pumpkin, sunflower, walnuts, etc.)
- Potato chips
- Rice pudding
- Trail mixes

Other items to consider

Special needs:

- Vitamin and mineral supplements

Staples, seasonings and spices:

- Chocolate powder
- Cooking oil
- Honey
- Jams or jellies
- Ketchup
- Mustard
- Pepper
- Pickles that do not require refrigeration
- Salt
- Sugar
- Tea bags

Food Storage Tips

1. Keep the food in their original containers. Do not remove their labels.
2. Select metal or plastic containers instead of glass.
3. Ensure the food is stored in an easily accessible location.
4. Do not store near cleaners or solvents.
5. Check the expiry dates at least every 6 months and rotate as needed.
6. Discard dented or swollen cans.