

EMERGENCY FOOD STOCKPILE CHECKLIST

Quarantine? Broken leg? Anyone can find themselves housebound at a moment's notice. For these and many other emergencies, it pays to have a food stockpile – and it's easy to put together.

HERE'S HOW:

1. Step by step

Don't buy everything all at once; instead, simply put one extra package of something in your cart and build up the stockpile little by little.

2. Don't let the stockpile go to waste

To make sure the stored food isn't wasted, use perishable items like meat and vegetables exactly as you normally would. Eat them – and buy replacements.

3. Replacements to the back

Items that were bought later should be placed farther to the back so that older food is used up first.









4. Store it correctly

As a rule, non-perishable foodstuffs are best stored somewhere cool, dry, and dark.

5. Cooling and cooking not needed

In an emergency, the power and water may be out. The food in your stockpile should therefore be able to keep well without refrigeration and be consumable without having to be cooked.

10-DAY SHOPPING LIST*:

-  **20 l**
Beverages
-  **3,5 kg**
Bread, potatoes, pasta, rice, and other grains
-  **4 kg**
Vegetables, mushrooms, beans/lentils
-  **2,5 kg**
Fruit, nuts
-  **2,6 kg**
Milk, dairy products**
-  **1,5 kg**
Fish, meat, eggs or powdered egg***
-  **357 g**
Fats, oils
-  **As required**
Other

* Sample stockpile for one person

** Or milk substitutes for those following a vegan diet

*** Or meat replacements for those following a vegetarian diet/halal products for Muslims