



# DISASTER SUPPLY: FOOD CHECKLIST



CHOOSE FOODS  
THAT ARE COMPRESSED  
**AND LIGHT**

## STERNOS



OBTAIN FOODS THAT  
REQUIRE NO COOLING,  
**PREPARATION,**  
COOKING AND LITTLE  
TO NO WATER

THREE (3) DAY  
**SUPPLY OF**  
NON-PERISHABLE FOOD



**READY-TO-EAT**  
FOOD CHOICES  
**ARE MOST**  
IMPORTANT DURING A  
DISASTER: FRUITS,  
**VEGETABLES**  
AND CANNED  
**PROTEINS**