



## **The Pandemic Pantry: A Quick and Easy Pandemic Preparedness Shopping Guide for a Family of Four for Two Weeks**

### **Get Prepared**

You may have already heard about pandemic influenza, also known as pandemic flu. You may be scared and concerned by what you have heard and read, or you may not think that it's a big deal or know what to think. Some experts think that pandemic flu will happen some time in the future. If this happens, millions of people around the world could get sick, and even die from a new kind of flu virus. It could affect you, your family, and your community.

The next flu pandemic could start anywhere in the world with little warning. Because modern technology makes it easier for people to travel around the world, diseases like the flu can be quickly carried from country to country. Once it begins, pandemic flu may also come in waves over a period of time, affecting different communities in different ways.

Once a pandemic flu outbreak happens, health officials might ask people to stay at home to prevent the virus from spreading and getting more people sick. An outbreak wave can last from a couple of weeks to even as long as 12 weeks. During this time, stores may not be open and you may be staying in your home. The best way to prepare for when this happens is to plan early. Getting your pantry stocked with a two week supply is a good start. You should write down approximately what your family eats over a two week period or use The Pandemic Pantry Shopping Guide to help you get started. Remember, it's important to buy food your family will eat. The food should have enough nutrition and vitamins to keep you healthy. If you use our nutritionally balanced Pandemic Pantry Shopping Guide you can have the necessary ingredients to make enough food for a family of four for two weeks for approximately \$250.00.

### **Why should we store food?**

- During pandemic flu, many people might be sick so grocery stores may close, deliveries may not be made, and people might have to stay at home to prevent getting sick or getting others sick.
- Grocery stores usually only stock three days' worth of food and shelves may empty very fast.
- Planning early and storing food at home will ensure you and your family have enough food to last until services go back to normal.
- Storing food is a good idea because it ensures you and your family have enough food all the time, not just in times of pandemic flu. If for some reason you can't shop for food or pay for it, having food already stored in your home lets you feed your family for several weeks.

### **How do we store the food?**

- As you buy items every week, store them in containers (not plastic bags) that keep things dry and airtight.
- Store food in cool areas. Cooler areas will help food last longer.
- Rotate supplies. Use the food as you need it and make sure to replace supplies as you use them.
- Keep areas where food is stored neat, and clean regularly to avoid bugs from getting to your supplies.

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<b>MEAT/POULTRY/FISH</b>	
5 cans	Salmon
5 cans	Canned Chicken/Beef
8 - 6 oz cans	Tuna Fish

<b>CHEESE/EGGS/DAIRY</b>	
1 lb	Milk / Powdered Milk
1 can	Dry Eggs
1 lb	Velveeta
1 lb	Butter or Margarine

<b>COOKING ITEMS</b>	
10 lbs	Flour
5 lbs	Sugar
1 jar	Yeast
1 lb	Corn Meal

<b>BREADS/MIXES</b>	
5 any combinations	Bread / Tortilla or Bread Mix
48 oz	Biscuit Mix

<b>DRINKS/JUICES</b>	
1 jar	Tang or Lemonade (100% Vitamin C)
56 gallons	Water

<b>FRUITS/VEGGIES</b>	
14 cans	Canned Fruit
14 cans or pks	Canned, Frozen or Dehydrated Vegetables
1 lb	Dried Fruit (raisins, cranberries, etc.)

<b>CONDIMENTS/OILS</b>	
1 jar	Mayonnaise
1 jar	Mustard
1-16 oz jar	Salsa
1 jar	Jelly
48 oz	Oil

<b>PASTA/RICE</b>	
5 lbs	Macaroni / Pasta
5 lbs	Beans (dry or canned)
5 lbs	Rice
4 pks	Ramen Noodle Packs

<b>CANNED/BOX/BAG</b>	
2 jars	Peanut Butter
2 Boxes	Cereal
6 cans	Canned Soup
2 cans or bottles	Tomato Sauce or Spaghetti Sauce
1 lb	Mashed Potato Flakes
1 lb	Popcorn
1 lb	Nuts

<b>MISC</b>	
24 pk	Toilet Paper
1 gallon	Bleach