

ALWAYS be prepared for a possible emergency situation.

Have a two-week supply of food, water, and medication for each member of your family—including your pets!



2-week food/water supply for you and a pet Total Cost: \$200.18

If you can't get it all at once, buy a few extra supplies each week until you're stocked up!

Sample Shopping List (for one person)

Cereal (2 boxes)

Boxed/powdered milk (2.5 gallons)

21 gallons of water

1 box hot tea

1 cup sugar

Canned fruit (x 14)

Ramen (x 7)

Soup (x 7)

Peanut butter (x 1)

Jelly (x 1)

Bread (x 2 loaves)

Canned vegetables (x 14)

Canned meat (x 7)

Canned pasta (x 3)

2 gallons juice

Mayo (x1)

Relish (x 1)

Mustard (x 1)

Rice (7 boxes)

Beans (x 4)

Tortillas (1 package)

Salsa (1 jar)

Refried beans (x 4)

Spaghetti sauce (1 jar)

Noodles (1 package)

Saltines (2 boxes)

Graham crackers (1 box)

Apple sauce (2 packages)

Granola/protein bars (2 boxes)

Beef Jerky (2 bags)

Dried fruit and nuts (2 bags)

Raisins (1 container)

Multivitamins

Prescription Medication

Pet Supplies

For More Information: www.emergency.cdc.gov www.pandemicflu.gov



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