Nutrition Guide During a Disaster or Flu Pandemic

In case of a disaster or pandemic flu event, it is important that you have enough water and food. This guide will help you make a two-week supply kit for one adult.

Water

The average person needs to drink at least two quarts (64 ounces) of water each day. You will need more water if the weather is hot, if you are physically active, or if you are ill. Local health agencies will decide if tap water is safe for use. Have bottled water on hand in just in case. Bottled water should be replaced based on the expiration date.

- Store at least one gallon of water (128 ounces) each day to use for drinking and all other daily activities which require water.
- You will need 14 gallons of water for a two-week supply.
- If storage is limited, you may want emergency water purification kits.

Food

Choose foods that are shelf stable and do not need refrigeration, water or cooking. Pick single serve foods that will be eaten in one meal and avoid foods that make you thirsty. Foods should be replaced based on the expiration date.
Your supply kit should contain the following items:

- Canned or shelf-stable pouch meats, fish and entrees*
- Canned or dried fruits
- Canned vegetables and beans
- Protein or fruit bars
- Dry cereal and granola
- Crackers (salt-free)
- Peanut butter or salt free nuts
- Powdered milk or self-stable milk alternatives**
- Canned fruit juice
- Non-electric can opener
- Soap and/or alcohol based (60-95%) hand sanitizer

Two-week Grocery List

- 2-25 ounces of box powdered milk
- 24 cans of fruit
- 28 cans or pouches of meat, fish or entrees
- 8 protein/fruit bars (1 box)
- 4 packages of salt-free crackers
- 2 packages of graham crackers
- 2 small jars of peanut butter
- 24 cans of vegetables/beans
- 8 granola bars (1 box)
- 14 gallons of water

Sample Meal Plan for One Week: 1800 Calories

	Breakfast	Lunch	Dinner
Day 1	2 graham crackers 2 tablespoons peanut butter 1 can peaches	1 can chicken 1 can corn 10 crackers	1 can tuna 1 can peas 1 can pears
Day 2	1 granola bar 2 tablespoons peanut butter 1 can apple sauce	1 can chili 1 can fruit cocktail 10 crackers	1 can pasta 1 can carrots 1 protein bar
Day 3	1 cup dry cereal 1 fruit bar 1 can pineapple 1 cup milk	1 pouch salmon 1 can green beans 1 can peaches	1 can beef stew 1 can greens 10 crackers
Day 4	2 graham crackers 2 tablespoons peanut butter 1 can pears	1 can tuna 1 can peas 1 granola bar	1 can chili 1 can pineapple 10 crackers
Day 5	1 granola bar 2 tablespoons peanut butter 1 can fruit cocktail	1 can pasta 1 can carrots 1 protein bar	1 pouch salmon 1 can green beans 10 crackers
Day 6	1 cup dry cereal 1 fruit bar 1 can pears 1 cup milk	1 can beef stew 1 can spinach or greens 10 crackers	1 can chicken 1 can corn 1 granola bar
Day 7	2 graham crackers 2 tablespoons peanut butter 1 can peaches 1 cup milk	1 can pasta 1 can green beans 1 can applesauce	1 can tuna 1 can carrots 10 crackers

- *Canned entrees include items such as tuna, chicken, beef stew, chili, lentils or beans and rice, salmon and pasta.
- **Use powered milk or milk alternatives (1 cup) at meals as desired or if food intake is low. Powdered milk should be mixed with safe water per package directions.
- If available these substitutions can be made:
  - Fresh milk for powdered milk
  - Bread for crackers
  - Fresh fruit for canned fruit

Emergency Preparedness Resources

Federal Emergency Management Agency (FEMA). www.ready.gov

National Weather Service—National Oceanic and Atmospheric Administration (NOAA). www.weather.gov

United States Department of Agriculture—Emergency Food Supplies. www.nutrition.gov/shopping-cooking-and-food-safety/emergency-food-supplies

Center for Disease Control and Prevention—Emergency Preparedness and Response. www.emergency.cdc.gov

Center for Disease Control and Prevention—National Disasters and Severe Weather. www.cdc.gov/disasters/

Center for Disease Control and Prevention—Pandemic Influenza. www.cdc.gov/flu/pandemic-resources/planning-preparedness

Occupational Safety and Health Administration—Emergency Preparedness and Response. www.osha.gov/emergency-preparedness