

- Ready Nutrition - <http://readynutrition.com> -

## Week 1 of 52: Short Term Emergency Food Supply (List 1)

Posted By [Tess Pennington](#)

On April 6, 2011 @ 2:45 am

Category: 52 Weeks to Preparedness

**ReadyNutrition.com**

FEMA suggests that each family have a 2 week supply of food and water for their home. Starting a food supply does not have to be a budget breaker. By slowly accumulating emergency supplies, you will not feel the financial "burn" compared to having to pay for everything up front. Therefore, keeping in mind what type of emergencies that you are planning for, if there are any family members with medical needs, how long you want your food supply to last, and so on, will help you make the best choice for your family.

Taking time to read the nutritional information on the back of the food source and knowing other [considerations](#) <sup>[1]</sup>, will help a person make the best choices for their needs. If a person needs to use their stashed food supply, having foods high in [vitamins, nutrients, and proteins](#) <sup>[2]</sup> will provide their body with what it needs for needed energy and mental clarity.

### Preps to buy:

- 1 gallon of water per day for each family member (But enough for 2 weeks and remember that having more water stored up is better than being short on your supply)
- 2 jars of peanut butter
- 2 cans of juice per family member
- 2 cans of meat per family member
- 2 cans of soup or stew for each family member
- 3 non perishable items such as saltine crackers, graham crackers, etc.
- 1 hand operated can opener
- Permanent marker
- Additional supplies for infants or elderly – 2 weeks worth (diapers, wipes, children's medication, formula, protein/calorie drinks, prescription medications, extra pair of glasses)

For those who have pets:

1 large container of dry food – This amount should last 2 weeks or longer

### Action Items:

- Date perishable goods with a marker
- If possible, set aside \$20 to use for emergencies
- Make a [disaster plan](#) <sup>[3]</sup> and decide what types of disasters you are planning for (weather related, natural disasters, economic or personal disasters)
- Decide upon an out-of-area contact who can coordinate information with friends and family members.
- Once the out-of-area contact has been decided, email or call the newly designated emergency contact and provide phone numbers and names of family members for them to call.

---

Article printed from Ready Nutrition: <http://readynutrition.com>

URL to article: [http://readynutrition.com/resources/week-1-of-52-two-weeks-of-food-and-water\\_06042011/](http://readynutrition.com/resources/week-1-of-52-two-weeks-of-food-and-water_06042011/)

URLs in this post:

[1] considerations: [http://readynutrition.com/resources/store-your-food-and-be-ready\\_14122009/](http://readynutrition.com/resources/store-your-food-and-be-ready_14122009/)

[2] vitamins, nutrients, and proteins: [http://readynutrition.com/resources/be-nutrition-ready-and-store-super-foods\\_23022011/](http://readynutrition.com/resources/be-nutrition-ready-and-store-super-foods_23022011/)

[3] disaster plan: [http://readynutrition.com/resources/family-emergency-plan-check-list\\_13092010/](http://readynutrition.com/resources/family-emergency-plan-check-list_13092010/)

Copyright © 2010 Ready Nutrition. All rights reserved.