

Assemble a 7-day Emergency Food Supply

Blizzards won't keep you from eating healthy and tasty meals if you follow this guide to stocking your shelves.

Vegetables 3-5 servings per person per day canned vegetables; canned vegetable juice			Milk 2-3 cups (reconstituted) per person per day evaporated canned milk; powdered milk
Bread, cereal, rice, and pasta 6-11 servings per person per day ready-to-eat cereal; instant hot cereal; minute rice; crackers; canned spaghetti; canned soup containing noodles or rice			Fruit 2-4 servings per person per day canned fruit; canned juice; dried fruit
Other Supplies Prescriptions, over-the-counter medications; baby formula; baby food; coffee, tea, cocoa, powdered beverages, soft drinks			Meat, poultry, fish, dry beans, eggs, and nuts 2-3 servings per person per day canned meat, poultry, and fish; canned meat mixtures; canned or dried beans; dried meat (beef jerky); peanut butter; nuts; canned soup containing meat or beans
			Fats, Oils and Sweets According to family practices

NDSU Food & Nutrition, NDSU Extension Service,
NDSU Ag Communication