



EMERGENCY PANTRY LIST

- This list should only be used as a guide for items that may assist in an emergency situation and should be customised to meet your individual household needs.
- It is suggested that households should hold sufficient supply of food, water and essential items to enable a household to be confined at home for up to 14 days.
- Food supplies should be continually used and replenished.
- Ensure food is rotated and use-by dates are checked regularly.

Managing at home...

- Tips to ensure you manage your supply of food in the best possible way:
- If the power is out, use refrigerated/frozen food products first
 - Consume other perishable products (e.g. fresh fruit and vegetables, bread etc.) before consuming long life products
 - When purchasing products for your pantry aim for ready-to-eat products that do not require cooking (in case electricity or gas supply is disrupted).
 - Ration food/water supplies based on how long you expect to be confined at home.

For Emergency Help in Floods & Storms Call the SES on 132500—Life Threatening 000

DRIED & LONG LIFE FOOD

- Ready-to-eat Meals
- Breakfast Cereal
- Flour/Bread Mix
- Milk Powder/UHT Milk
- Soup Mix
- Dried Vegetables
- Rice & Pasta
- Long Life Cheeses
- Tea/Coffee/Sugar

SNACK FOOD

- Dried Fruits
- Nuts
- Biscuits
- Crackers
- Snack Bars

DRINKS

- Bottled Water (2-3 Litres person per day)
- Concentrated Juice/Sports Drinks

BABY SUPPLIES

- Baby Food/Baby Formula
- Nappies & Wipes

PET FOOD

- Canned/Dry Pet Food

MEDICATIONS/TOILETRIES

- Toilet Rolls
- Soap & Shampoo/Conditioner
- Feminine Hygiene Products
- Prescribed Medications

HOUSEHOLD CLEANING SUPPLIES

- Rubbish Bags
- Tissues & Paper Towel
- Disinfectant
- House/Laundry Cleaning



Check off each item as you purchase it!

READY TO EAT CANNED/BOTTLED FOOD

- Canned Meat
- Canned Fish (i.e. Tuna/Salmon/Sardines)
- Fruit
- Juice
- Vegetables
- Soup
- Pasta Sauce

EMERGENCY POWER SUPPLY

- Batteries
- Portable Radio
- Manual Can Opener
- Torch, Candles & Matches
- Do you have fuel for your generator**
- Is it petrol or diesel
- Have you changed the fuel in your generator
- Have you run your generator

HEALTH SUPPLIES

- First Aid Kit
- Adult & Children Analgesics/Pain Medication
- Face Masks
- Protective Gloves
- Thermometer
- Alcohol-based Handwash/Gel/Wipes

Refrigerated foods will remain safe up to 4 hours after a power failure.

Frozen foods will remain safe up to 1 day after a power failure.

Freshly cooked products stored at room temperature will remain safe for up to 4 hours after cooking.

Keeping the refrigerator/freezer door closed as much as possible may keep food safer for longer, however a thermometer should be used to ensure food has not exceeded 6°C.