

# EMERGENCY PANTRY LIST

Shopping List



Having an emergency pantry list is an important step to prepare for, survive and cope with emergencies.

This factsheet provides general information and should only be used as a guide for items that may assist in an emergency situation and should be customised to meet individual household needs. It is suggested that :

- Households should hold sufficient food, water and essential items to enable them to be confined at home for up to 14 days;
- Food supplies should be continually used and replenished; and
- 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 refrigerator/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 power or gas supply is disrupted); and
- Ration food/water supplies based on how long you expect to be confined at home.

For more information visit Council's website, [Disaster and Emergency page](#).

## DRIED AND LONG LIFE FOOD

- Ready-to-eat meals
- Breakfast cereal
- Flour/Bread mix
- Milk powder/UHT milk
- Soup mix
- Dried vegetables
- Rice and pasta
- Long life cheeses
- Tea/Coffee/Sugar

## SNACK FOOD

- Dried fruits
- Nuts
- Biscuits
- Crackers
- Snack bars

## DRINKS

- Bottled water
- Concentrated juice
- Sports drinks

## BABY SUPPLIES

- Baby food and formula
- Nappies and wipes

## TOILETRIES

- Toilet rolls
- Soap
- Shampoo/Conditioner
- Feminine hygiene products

## HOUSEHOLD CLEANING SUPPLIES

- Rubbish bags
- Tissues
- Paper towel
- Disinfectant
- Disinfectant wipes
- House/Laundry cleaning

## READY TO EAT CANNED OR BOTTLED FOOD

- Canned meat
- Canned fish
- Fruit
- Vegetables
- Soup
- Pasta sauce
- Manual can opener

## PET FOOD

- Canned/Dry pet food

## COMMUNICATIONS AND LIGHT

- Batteries
- Portable radio
- Portable power bank/Battery
- Torch, candles and matches
- Phone charger

## HEALTH SUPPLIES

- First aid kit
- Adult medication
- Children medication
- Prescribed medications
- Face masks
- Protective gloves
- Thermometer
- Alcohol-based sanitiser

## OTHER SUPPLIES

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