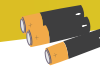


EMERGENCY PANTRY LIST

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 and car adaptor

HEALTH SUPPLIES

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

OTHER SUPPLIES

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____