WHAT EMERGENCY FOOD SHOULD I BUY AT THE GROCERY STORE?

Ready.gov suggests ready-to-eat canned meats, fruits and vegetables with a manual can opener, protein or fruit bars, dry cereal or granola, peanut butter, dried fruit, canned juices, and non-perishable pasteurized milk. Choose foods your family will eat, and add food for infants and special dietary needs.

THE STEPS

01 Buy ready-to-eat canned meats, fruits and vegetables, and a manual can opener (Ready.gov).

02 Add protein or fruit bars, dry cereal or granola, peanut butter and dried fruit (Ready.gov).

03 Add canned juices and non-perishable pasteurized milk (Ready.gov).

04 Add food for infants and any special dietary needs, and a few comfort foods (Ready.gov).

05 Read labels and add until you reach your calories: about 2,000 per person per day as a general guide.

06 Eat the oldest first and replace as you go.

THE CHECKLIST

- ☐ Canned proteins and vegetables
- ☐ Bars, cereal and peanut butter
- ☐ Dried fruit and juice
- ☐ Pasteurized shelf-stable milk
- ☐ Infant and special diet foods
- ☐ Manual can opener

Sources: Ready.gov, Food; FDA, Calories on the Nutrition Facts Label. Last reviewed November 17, 2026. General planning information, not medical, legal or financial advice.