

Emergency Food & Water Preparedness Checklist

Be Prepared, Stay Nourished

Emergencies can happen when we least expect them. This checklist, based on the NOURISH Framework, offers simple ideas for storing food and water so you can feel confident and prepared.

N – Nutrient-Rich Foods

- ☐ Canned beans or lentils
- ☐ Canned tuna, chicken, or salmon
- ☐ Nut butters (peanut, almond, sunflower)
- ☐ Dried fruit (raisins, apricots, cranberries)
- ☐ Fortified cereals, granola, or cereal bars
- ☐ Powdered or shelf-stable milk

O – Omega-3s & Healthy Fats

- ☐ Canned tuna or salmon
- ☐ Nuts (almonds, walnuts, peanuts)
- ☐ Seeds (chia, sunflower, flax, hemp).
 - Note: Keep seeds freshest by storing them in an airtight container in the refrigerator; if needed, they can last up to 6 months in a cool, dark place.

U – Understand Needs

- ☐ Minimum **3 days of food** per person
- ☐ **1 gallon of water per person per day** (for at least 3 days)
 - Learn more at <https://www.cdc.gov/water-emergency/about/how-to-create-and-store-an-emergency-water-supply.html>
- ☐ Safe storage containers for food and water
- ☐ Date and Rotate supplies every 6–12 months

R – Recipes & Simple Meals

- ☐ No-cook meal options (canned beans + salsa + crackers)
- ☐ Manual can opener
- ☐ Paper plates, bowls, and cups
- ☐ Disposable utensils & napkins

I – Increase Protein & Fiber

- ☐ Protein bars or shelf-stable shakes
- ☐ Canned chicken, fish, beans, or lentils
- ☐ Instant oatmeal packets
- ☐ Canned vegetables
- ☐ Whole-grain crackers, bars, or bread

S – Sugar & Sodium Aware

- ☐ Low-sodium canned vegetables and soups
- ☐ “No added sugar” fruit cups or applesauce
- ☐ Read labels before stocking, try to limit “added sugar” items.

H – Hydration

- ☐ Water (at least 3-day supply, more if possible)
- ☐ 100% fruit juice boxes
- ☐ Coconut water or electrolyte packets/drinks
- ☐ Extra fluids if needed for medications and for pets

Extra Tips:

- Keep food in a cool, dry place.
- Check expiration dates regularly.
- Store resealable containers or zipper bags for leftovers.
- To make your own emergency preparedness plan visit <https://readywisconsin.wi.gov/make-a-plan/>