

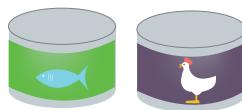
Emergency Supply Kit Shopping List

The Food Bank of Central & Eastern North Carolina recommends you have the following food and non-food items in your emergency supply kit. You should have at least a three day supply of water and non-perishable food.

PROTEIN

Canned meat packed in water

- Tuna, Chicken, Salmon, Turkey



Nut/Seed Butter

- Peanut butter, almond butter, sunflower seed butter



Low-sodium or no salt added lentils



Jerky

Low-sodium canned soup

- Chicken noodle, minestrone, vegetable, tomato, lentil



Unsalted nuts & seeds

- Almonds, walnuts, peanuts, pistachios, cashews, sunflower seeds



WHAT'S LOW SODIUM?

Low sodium is 140 mg of sodium or less per serving. Low sodium foods are heart-healthy and help regulate blood pressure.

FRUITS

Canned fruits in water or 100% fruit juice



Unsweetened applesauce

Dried fruits, no sugar added

- Raisins, prunes, apricots



Fresh whole apples

VEGETABLES

Low-sodium or no salt added canned vegetables

- Corn, green beans, carrots, peas, spinach, potatoes, beets, mixed vegetables

GRAINS

Oats



Whole grain crackers and cereal

Rice cakes

WHY WHOLE GRAIN?

Whole grains contain fiber, which helps you feel full longer and promotes regularity. The word "whole" should be listed first in the ingredient list.

DAIRY

Shelf-stable low-fat milk

Non-fat dry milk

Shelf-stable milk alternative

- Soy milk, almond milk, rice milk

SNACKS

Trail Mix, fruit and nut varieties



Low-fat pudding



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NON-FOOD ITEMS

- First aid kit
- Personal hygiene items
- Non-prescription drugs such as pain relievers
- Battery-operated radio and extra batteries
- Flashlight and extra batteries

FOR SENIORS

- Prescription drugs
- Denture needs
- Extra eye glasses
- Powdered milk
- Medications

DON'T FORGET!

Put important documents like insurance policies, passports, social security cards, etc. in a waterproof and portable container.

FOR BABIES

- Formula
- Diapers & Wipes
- Bottles
- Powdered milk and infant cereal
- Medications

FOR PETS

- Secure ID tag on collar
- Pet carrier
- Extra pet food
- Litter for cats
- Medications

MOST IMPORTANT!

Don't forget WATER. Make sure you have one gallon per person per day.



**FOOD
BANK**

OF CENTRAL
& EASTERN
NORTH
CAROLINA