

## A DISASTER SUPPLY KIT SHOPPING LIST FOR A FAMILY OF FOUR

This is a disaster supply kit shopping list you can take to the store and actually shop from. It's designed to keep your family self-sufficient for four days. The food will cost about a hundred dollars, but since you actually eat the items as part of your regular meals once a year, it really costs you little.

Mark each item with the year of purchase and store them in three small plastic covered totes, so you can lift them. Buy new food and batteries each year on your birthday; then use last year's disaster supply food for regular meals. You probably have many of the staples already. Just store them in the kit.

|   |                         |                         |     |                                  |
|---|-------------------------|-------------------------|-----|----------------------------------|
|   | <b>DRY FOOD</b>         |                         |     | <b>WATER</b>                     |
| 2 | boxes                   | Matzoh                  | 3   | 2.5 Gal Bottled Water            |
| 5 | Lb                      | Rice                    | 5   | 1 Gal Milk Jug of Ice in Freezer |
| 2 | Boxes                   | Granola Bars            |     |                                  |
| 1 | can                     | Pringles                |     | <b>STAPLES</b>                   |
| 1 | box                     | Instant Oatmeal         | 1   | Box Large Trash Bags             |
| 1 | bag                     | M&M's                   | 1   | Box Zip Lock Bags                |
| 2 | cans                    | Pre-sweetened Kool-Aid  | 1   | each Portable Radio              |
| 2 | boxes                   | Macaroni & Cheese       | 1   | each Can opener                  |
| 2 | boxes                   | Cup-a-soup              | 50  | each Paper Plates                |
| 1 | box                     | Raisins                 | 50  | each Hot Cups                    |
| 2 | boxes                   | Jell-O                  | 50  | each Plastic spoons              |
| 1 | jar                     | Instant Coffee          | 1   | box Aluminum Foil                |
| 1 | box                     | Tea                     | 1   | roll Toilet paper                |
| 1 | box                     | Sugar                   | 1   | roll Paper towels                |
| 1 | box                     | Powered Milk            | 1   | roll Masking tape                |
| 2 | jar                     | Creamer                 | 1   | roll Duct tape                   |
| 6 | each                    | Compleats               | 1   | box Kitchen Matches              |
|   | <b>CANNED GOODS</b>     |                         | 4   | each D Batteries                 |
| 2 | cans                    | Pork & Beans            | 4   | each C Batteries                 |
| 2 | cans                    | White potatoes          | 4   | each AA Batteries                |
| 4 | cans                    | Corn                    | 2   | each Flashlights                 |
| 2 | cans                    | Green beans             | 1   | bottle Clorox Bleach             |
| 3 | cans                    | Condensed Soup          | 1   | each Medicine Dropper            |
| 2 | cans                    | Spaghetti & meatballs   | 1   | each Sterno Stove                |
| 2 | cans                    | Ravioli                 | 1   | each First Aid Kit               |
| 3 | cans                    | Tuna fish               | 1   | Box Sanitary Napkins             |
| 2 | cans                    | Spagetti-O's            | 1   | Envelope \$100.00 in \$1 & \$5's |
| 1 | can                     | Chili                   |     | <b>HOME REPAIR SUPPLIES</b>      |
| 2 | cans                    | Stew                    | 4   | each 4x8 Plywood                 |
| 1 | can                     | Pears                   | 4   | each 4x8 Plastic Tarps           |
| 1 | can                     | Fruit cocktail          | 200 | each 10# & Roofing Nails         |
| 1 | can                     | Pineapple               | 1   | each Hammer                      |
| 1 | can                     | Peaches                 | 4   | pair Work Gloves                 |
| 1 | can                     | Applesauce              |     | <b>CLOTHING</b>                  |
| 2 | cans                    | Evaporated Milk         | 4   | each 2 changes of Clothing       |
|   | <b>CAMPING SUPPLIES</b> |                         | 4   | each Toilet Kits                 |
| 4 | each                    | Sleeping Bag or blanket | 4   | each Towels                      |
| 4 | each                    | Camping mattress        | 4   | each Rain Gear                   |
| 1 | each                    | Lantern                 | 4   | each Sturdy Footwear             |
| 1 | each                    | Cook Kit or pots        |     |                                  |

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| 1 | can Peaches                  | 4   | pair Work Gloves                 |
| 1 | can Applesauce               |     | <b>CLOTHING</b>                  |
| 2 | cans Evaporated Milk         | 4   | each 2 changes of Clothing       |
|   | <b>CAMPING SUPPLIES</b>      | 4   | each Toilet Kits                 |
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