



Home Winter Survival Food Checklist



Canned Fruits and Vegetables

Requires a Manual Can Opener



Crackers, Nuts, Fruit Bars, Chips

High Energy Foods



Soups

Some Soups Require Water or Heating



Cookies and Hard Candy



Bread and Condiments

Keep Bread Frozen to Last Longer



Cereal and Toaster Pastries



Meals Ready to Eat (MREs)



Bottled Water

1 gallon per person, per day (for at least 3 days)