

STOCKING YOUR PANTRY



This list is a helpful guide to the types of items you may need to have stocked in your pantry or emergency kit to get you by in a disaster. Only purchase items that you and your family actually like and will eat. Check expiry dates regularly so nothing goes to waste – you can use and replace items as needed instead of throwing them out.

CANNED OR BOTTLED FOODS

Canned meats (chicken, fish, ham, beef)	
Fruit (pineapple, peaches, apricots, etc.)	
Vegetables (peas, beans, carrots, potatoes, etc.)	
Legumes (kidney beans, chickpeas, lentils, etc.)	
Baked beans and/or spaghetti	
Soup	
Pasta sauces	

Be mindful of those things that you would prefer to eat heated, especially if you lose power and don't have a generator or BBQ.

SNACK FOODS

Energy/muesli bars	
Biscuits and/or crackers	
Spreads (peanut paste, honey, etc)	
Nuts and seeds (almonds, sunflower, pumpkin)	
Dried fruit (sultanas, apricots, apples, etc.)	

DRINKS

Tea and/or coffee	
Long life fruit juices	
Water (3 litres per person per day)	

Note: the above quantity of water is for drinking and some cooking. If using a lot of dehydrated foods, this amount of water will need to increase.

DRIED AND LONG-LIFE FOOD

Breakfast cereal, bars and drinks	
Milk – UHT or powdered	
Long life cheese (cheese sticks)	
Beef sticks/jerky	
Soup mixes	
Rice	
Pasta	
Dehydrated vegetables/meal bases	
Flour	
Salt and sugar	

EMERGENCY BACKUP

Batteries (for torch and/or portable radio)	
Candles and matches	
First aid (medication, bandaids, tissues/wipes)	

BABY SUPPLIES

Baby food and/or formula	
Nappies and wipes	

PET SUPPLIES

Pet food (dried/canned)	
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FOR MORE INFORMATION, VISIT
www.lockyervalley.qld.gov.au/disaster-management

