

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

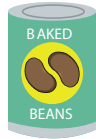
- Canned meat packed in water**
 - Tuna, Chicken, Salmon, Turkey



- 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**

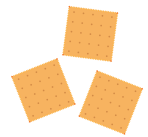


VEGETABLES

- 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 BABIES

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

FOR SENIORS

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

FOR PETS

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

DON'T FORGET!

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

MOST IMPORTANT!

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



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