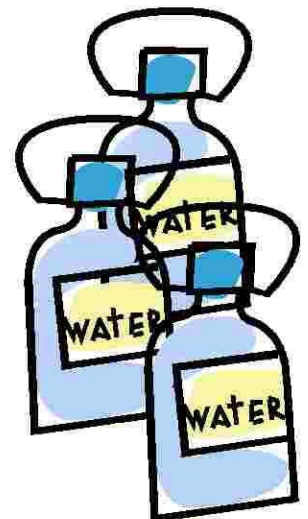


**5-7 Day Suggested Emergency Food Supply for Two People**  
**Department of Emergency Management**  
**City and County of Honolulu**  
**808-723-8960 ♦ www.oahuDEM.org**



- Milk – Non-Fat Dry** 2 boxes (12 1-qt envelopes)
- Canned Meat, Poultry, Fish**
  - Tuna 2 cans
  - Beef Stew 2 cans
  - Chili with Beans 3 cans
  - Salmon 2 cans
  - Vienna Sausage 3 cans
  - Spam 3 cans
  - Corned Beef Hash 3 cans
  - Corned Beef 3 cans
  - Deviled Ham 3 cans
  - Pork and Beans 3 cans
  - Chunked Chicken 2 cans
  - Assorted Condensed Soups 6 cans
  - Condensed Cream of Mushroom Soup 3 cans
- Canned Fruits and Vegetables**
  - Assorted Fruits (peaches, pears, etc.) 12 cans
  - Assorted Vegetables (peas, carrots, etc.) 7 cans
  - Assorted Fruit Juices 3 6-packs
  - Seedless Raisins 2 boxes
- Cereals and Baked Goods**
  - Instant Hot Cereal 2 boxes, assorted flavors
  - Cold Cereal (corn flakes, bran, etc.) 2 boxes
  - Soda Crackers 3 pkg
  - Hilo Cream Crackers 3 pkg
  - Rice 3 lbs
  - Cookies 2 pkg
- Sugar and Sweets**
  - Granulated Sugar 1 lb
  - Hard Candy or Gum As desired
  - Jelly 2 jars
- Miscellaneous**
  - Instant Orange drink 2 bottles
  - Instant Coffee 2 bottles
  - Instant Tea 2 bottles
  - Non-Dairy Creamer 1 bottle
  - Salt 1 small shaker
  - Pepper 1 small shaker
  - Peanuts 2 jars
  - Mustard 2 jars
  - Catsup 1 bottle
  - Soda 2 6-packs
  - Peanut Butter 2 jars
  - Cooking Oil 1 pint



- Water (drinking and sanitation)** 14 gallons
- Disposable plates, forks, spoons and knives**
- Disposable hot and cold cups**
- Paper napkins or towels**
- Non-electric can opener**
- Trash bags**
- Butane stove with 5-7 day supply of butane fuel**
- Matches or butane lighter in waterproof container**
- Heavy duty aluminum foil**
- Gallon and quart size freezer type zip lock bags**
- Small pot/cooking set or camping set**

