

# SHOPPING CALENDAR

## FOOD ITEMS FOR HOME EMERGENCY PREPAREDNESS KIT

WEEK	FOOD CATEGORY	QUANTITY	SUGGESTED FOOD ITEMS	✓
1	PROTEIN VEGETABLES	2 CANS 2 CANS	TUNA, STEW MIXED VEGETABLES	
2	FRUIT GRAINS BEVERAGES	2 CANS 1 BAG/ BOX 1 BOX/ JAR	PEACHES, PEARS INSTANT RICE TEA BAGS/INSTANT COFFEE	
3	PROTEIN VEGETABLES	3 CANS 2 CANS	CHICKEN, HAM, TUNA CORN, GREEN BEANS	
4	FRUIT GRAINS MILK/ DAIRY	2 CANS 1 BAG/ BOX 1 BOX	PEACHES, PEARS PASTA DRY MILK	
5	PROTEIN VEGETABLES	PROTEIN VEGETABLES	CHILI, TUNA BROWN BEANS, CARROTS	
6	PROTEIN VEGETABLES FRUIT	2 CANS 2 CANS 2 CANS	RAVIOLI, CHICKEN SOUP MIXED VEGETABLES MIXED FRUIT	
7	PROTEIN VEGETABLES GRAINS MILK/ DAIRY	2 CANS 2 CANS 1 BAG/ BOX 1 CAN	TUNA, STEW CORN, GREEN BEANS INSTANT RICE EVAPORATED MILK	
8	PROTEIN FRUIT	2 CANS 2 CANS	STEW, SPAGHETTI WITH MEATBALLS PEACHES, PEARS	
9	PROTEIN VEGETABLES FRUIT MILK/ DAIRY	2 CANS 2 CANS 2 CANS 1 BOX	CHICKEN, HAM BROWN BEANS, CARROTS RAISINS, PRUNES DRY MILK	
10	PROTEIN VEGETABLES FRUIT GRAINS	2 CANS 2 CANS 2 CANS 1 BOX	CHILI, TUNA KIDNEY BEANS, PEAS MIXED FRUIT CEREAL	
11	PROTEIN VEGETABLES	2 CANS 2 CANS/ PACKAGES	CHILI, STEW VEGETABLE SOUP, TOMATO SOUP	
12	PROTEIN GRAINS OTHER	2 CANS 2 BOXES 1 BOX	STEW, RAVIOLI CRACKERS COOKIES	
13	PROTEIN GRAINS OTHER	2 CANS 2 PACKAGES 1 PACKAGE	TUNA, HAM GRANOLA BARS, INSTANT OATMEAL, COOKIES	
14	PROTEIN VEGETABLES OTHER	2 CANS 2 CANS/ PACKAGES 2-3 PACKAGES	STEW, RAVIOLI VEGETABLE SOUP, TOMATO SOUP SUGAR, CREAMER, SALT	
15	PROTEIN GRAINS	1 JAR 1 BAG	PEANUT BUTTER EGG NOODLES	
16	PROTEIN GRAINS OTHER	2 CANS 2 PACKAGES 2-3 PACKAGES	RAVIOLI, TUNA GRANOLA BARS, INSTANT OATMEAL CONDIMENTS- KETCHUP, MAYO	

Disasters can happen at any time, often without warning. Floods, forest fires, severe storms and other emergency situations can leave you and your family without electricity, and access to the supplies you need such as food, clean water, medication and personal care items. In a disaster, it could take emergency workers several days or more to clear the debris left on roads/rail lines and restore power and water service to the community.

In a remote northern community, it is very important to ensure that you are prepared to take care of yourself and your family for a minimum of 7-10 days in the event of an emergency. If a major winter storm blocks road and rail service and travel outdoors is not possible, you and your family could have to remain in your home for several days or longer.

As food prices are high in the north, it may be easiest to build your family's home emergency preparedness kit over time by buying a few food items for your kit each week. The table on the back of this handout suggests how you may want to buy the food for your kit over a four month period. This shopping calendar is designed for a family of four. If you have young children, toddlers or babies in your family, you will need to adjust this food list to include appropriate food items for these family members.

## HOME EMERGENCY PREPAREDNESS KIT SHOPPING TIPS

**TO HELP YOU BUILD YOUR HOME EMERGENCY PREPAREDNESS KIT, HERE ARE SOME SHOPPING TIPS THAT WILL HELP TO ENSURE YOU MAKE GOOD SELECTIONS AND SAVE MONEY:**

1. Try to buy food items that have a low salt content. Food items with high levels of salt will make you thirsty and in an emergency, clean drinking water may be in short supply. Examine the Nutritional Facts label found on all food products and look at the sodium content. Pick food items which have lower levels of sodium.
2. Buy food items that have a long shelf life. Check the best before dates on cans, boxes and bags and look for food items that will not expire quickly.
3. Make sure the items you buy do not require refrigeration after opening. In an emergency, the power may be out and you will not be able to keep food that requires refrigeration.
4. Keep a list of items you need to purchase for your emergency preparedness kit in your purse or wallet. When you are grocery shopping, refer to this list in case there are items you need that are on sale.
5. Check your cupboards at home before you begin to buy food for your home emergency preparedness kit. Chances are you already have some food items that you could put into your kit. This will leave you with less to buy.
6. Instead of buying bottled water for your home emergency preparedness kit, consider bottling your drinking water in clean, safe water containers. Make sure to label your drinking water container and put the date collected on the container. Always make sure that you are using clean and safe containers to store drinking water. Make sure the water containers used can be properly closed (screw caps, etc.) Once a year, make use of your water supply and add fresh water to your kit.
7. If you buy food items in cans, make sure you have a manual can opener in your home emergency preparedness kit.
8. Try to avoid buying food items that require a lot of water for cooking. In an emergency, clean drinking water may be in short supply and you do not want to use up your water supply to cook.
9. Consider whether there are family members with special dietary needs or allergies when deciding what food items to buy for your kit.
10. Non-perishable food items cannot be stored forever. Make sure to use the food items in your home emergency preparedness kit over time and replace these food items with new ones. Regularly check the best before dates of the food in your home emergency preparedness kit.



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