

# ARE YOU READY FOR THE UNEXPECTED?

## My Root Cellar..1 Month Supply or More

(Please note: You may require a specific diet. Please take that into consideration when storing non-perishables. Also, if you do not have room to store 1 gallon water/person/day, you may want to consider canned meals that require no water for cooking.) These suggestions are just to give you an idea of what you may or may not want to store.

**DON'T FORGET SOME ITEMS MAY NEED TO BE IN A WATER-PROOF CONTAINER.**

Lots of long grain **RICE** (brown or white)

**(rice and beans will sustain you if you are on a budget)**

Lots of **Dried beans**.... any kind you like

Chicken or beef bullion cubes

Cooking oil

Peanut butter

Dried milk

Peanut butter

Jelly

Lots of Crackers (these will replace bread)

Long-cooking oatmeal

Bisquick

Dried eggs—a **MUST**

**watch for sales!**

Sugar in water-proof container

Brown sugar in water-proof container

Flour in water-proof container

Mashed potatoes

Syrup

Coffee

Tea

**BLEACH** : A few gallons.

**Do you have a dollar store nearby?**

Refried beans

Tomatoes

Beef ravioli

Corned beef hash (can eat if no heat source)

Spam

Beef stew (can eat if no heat source)

**anything on sale**

Sardines

Tuna

Soup (the dollar stores have the ready-to-eat chunky kind....a full meal)

Canned fruit

Canned veggies

Hard candy (ya, I know you don't like it, but sure nice when no sweets around) You may require sugar-free.

Canned chips....**rotate as you buy more.**

1 gallon of water per person/day (from the tap).. **rotate every few months or keep empty milk jugs to fill when needed**

1 quart of water per pet, per day

Pet food

lantern, fuel, camp stove, cook fuel, grill fuel, briquettes (if you don't have a camp stove, use your old grill with briquettes.)

medications (over the counter, and prescriptions) headaches, colds, allergies, toilet paper, soap, Kleenex, dish soap, toothpaste

**CAN YOU THINK OF ANYTHING ELSE YOU'LL NEED?**

Remember, you don't have to break the bank to stock up. Get a few extra items when you do your regular shopping, and watch for those bargains as they come along. The important thing is to do what you can to prepare.

**DON'T FORGET TO ROTATE ITEMS THAT MAY TURN RANCID OVER TIME**

**IT IS SUGGESTED TO STOCK UP FOR APPROXIMATELY 6 WEEKS DUE TO POSSIBLE INTERRUPTIONS IN NORMAL DELIVERY SERVICES OR VOLUNTARY QUARANTINE**