

# Food Supplies Checklist

You can prepare for an influenza ~~outbreak~~ now. This checklist can be used to help you plan what food supplies could be considered and what quantities to buy for your household. It is a good idea to gradually buy items now so that you have at least a two-week supply of food for each person in your home.

**PLAN  
PREPARE  
PRACTICE**

[www.statehealth.in.gov](http://www.statehealth.in.gov)

*Web Site*

Comfort Foods				
Food items	2 people	4 people	Your quantity	Check off
Honey	1 jar	2 jars		
Hot chocolate mix	as desired	as desired		
Fruit roll-ups and other snacks	as desired	as desired		
Packaged cookies	as desired	as desired		

Suggested Foods That Will Not Spoil Easily				
Food items	2 people	4 people	Your quantity	Check off
Flour	11 lbs	22 lbs		
Bread mix	11 lbs	22 lbs		
Sugar	1 lb	1 lb		
Salt (includes medical use)	2.5 lbs	5 lbs		
Cereal bars	28 bars	56 bars		
Powdered milk	3 lbs	3 lbs		
Yeast, instant dried	3 oz	6 oz		
Corn meal	1 box	2 boxes		
Oatmeal	1 box	2 boxes		
Pasta	3 lbs	6 lbs		
Rice	2 lbs	4 lbs		
Beans/lentils	1-1.5 lbs	1-2 lbs		
Breakfast cereals	2 boxes	4 boxes		
Baking soda	1 box	1 box		
Bottled water	1 gallon per person, per day. Extra for pets.			