

Essential pantry list

Stock up and be disaster ready. This pantry lists the necessary food items for two people (aged over 12 months) to sustain them for three – four days. The listed items require no refrigeration, special preparation or cooking. Be sure to modify the list to accommodate any food allergies, special diets or other dietary needs.

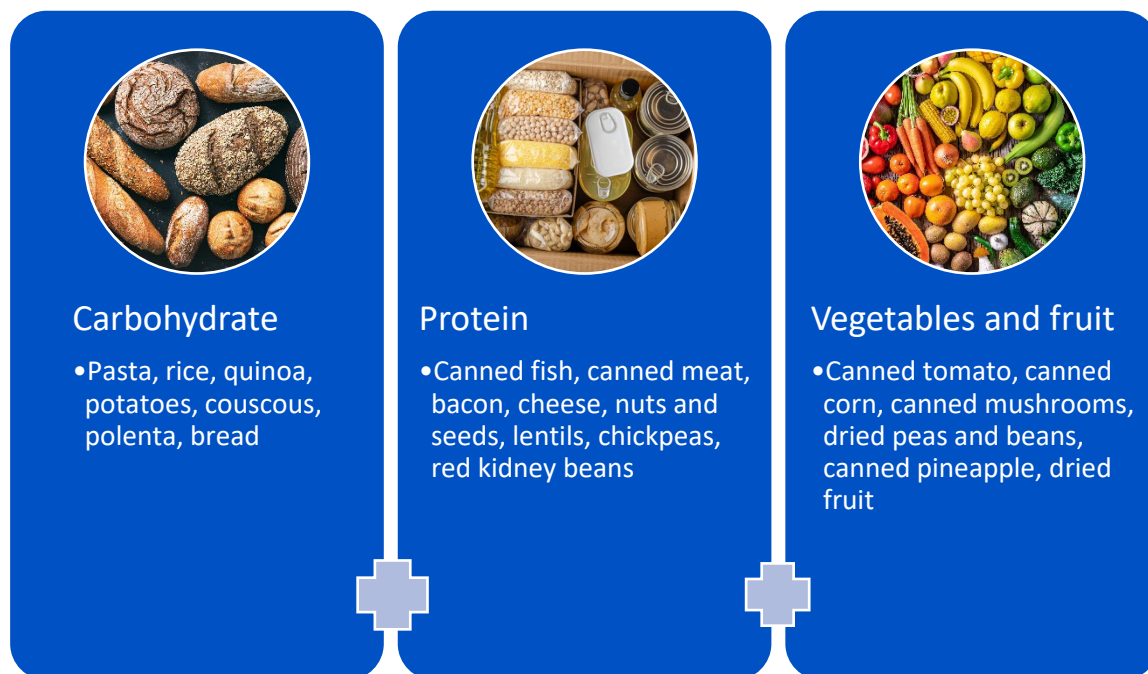
Food item examples	Portions
Grain foods	
Breakfast cereal (dry) eg muesli, wholegrain cereal	1 x 450g box
Flat bread (long life, vacuum packed) eg pita bread, wraps	2 x 4 pack of wraps or 2 x 4 pack of pitta bread
Wholegrain crisp bread/dry biscuits /crackers	1 x 250g box
Ready to eat rice or noodles	4 x 250g packets
Fruit	
Canned fruit in natural juice eg pineapple, peaches, plums	4 x 400g cans
Dried fruit eg sultanas, apricots, mixed fruit	1 x 200g packet
Fruit juice (100% fruit juice)	2 x 250mL tetra packs
Vegetables	
Starchy vegetables eg canned potatoes	2 x 400g cans
Green vegetables eg canned peas, beans, asparagus	3 x 220g cans
Other vegetables eg canned beetroot, carrots, corn, mixed veg	7 x 420g cans
Legumes and beans	
Canned legumes eg kidney beans, chickpeas, lentils	2 x 400g cans
Baked beans	2 x 220g cans
Nuts and seeds	
Nuts and/or seeds (unsalted) eg almonds, walnuts, cashews	2 x 150g packet
Milk, yoghurt and cheese	
Long life milk or calcium fortified soy milk	10 x 250ml tetra packs
Long life cheese eg cheese wedges or sticks	1 x 160g box of cheese sticks and 1 x 240g packet of cheese
Long life custard	1 x 4 pack custard cups
Lean meat, poultry, fish, eggs	
Canned meat and/or poultry eg braised steak, canned chicken/ham	6 x 85g cans chicken or 3 x 200g cans ham/corned beef
Canned fish eg tuna, salmon, sardines	4 x 185g cans
Oils and treats	
Unsaturated oil eg olive oil	1 x 375mL bottle
Snack foods	Dried fruits, nuts, seeds, crackers, biscuits, muesli bars
Water and equipment	
Bottled water for drinking and food preparation	11 x 2L bottles
Hand sanitiser (water free)	1 x 200mL bottles 1 x can opener
Disposable cutlery and crockery (you may not have access to water for washing up)	24 sets

*Adapted from the Queensland Government Emergency Pantry List

Emergency food planning tips

- Buy familiar food that you know how to prepare
- Use our list as a guide. Everyone is different so you may feel you need more or less food
- Start to gather foods now! Add a little to each shop to spread the cost
- Tuck them toward the back of your pantry and rotate them each 6 months if required
- Practise making some easy meals with emergency kit foods
- Talk with people who have been through a disaster to get tips
- You may not have electricity– a camp stove with gas bottle may come in very handy. You could also consider a camp oven bread maker or non–electric yoghurt maker.
- You may not have access to town water, or tank water if it relies on a pump and you lose electricity. Don't miss including plenty of water in your emergency kit.

When combining ingredients to make meals, a good rule of thumb is to start with a carbohydrate item, add a protein item, then a vegetable or fruit.



Simple meals made using your emergency pantry list:

- Rice with canned salmon or tuna with canned tomato and beans
- Rice with chilli beans and peas
- Instant noodles cooked with dried peas and corn and served with tuna
- Rice with baked beans
- Fried rice with nuts, peas and corn
- Bean salad using 4 bean mix and canned corn
- Pasta cooked with packet soup mix, with corned beef and dried vegetables added
- Nachos – corn chips with chilli beans, cheese and gherkins
- Rice with chicken, cheese and pineapple
- Lentil soup with crackers or bread and cheese

Boosting your wellbeing now, can help you cope when the unexpected happens. Our events and resources can support you to increase wellbeing and resilience using practical, evidence–based strategies.

For more information visit: usc.edu.au/ti-engage

