BEST PREP.

GUIDE 05 · PRINT IT AND KEEP IT WITH YOUR KIT

EMERGENCY PANTRY

A supply you actually eat, that renews itself.



4 H	48 H	6 MONTHS
a closed fridge stays safe	a full freezer	between checks

01

THE GOLDEN RULE

- Store what you already eat
- Buy a couple of extra items each week
- Familiar food helps under stress

02

NO COOKING

- Canned beans and lentils
- Tuna, sardines, salmon
- Nuts, crackers, cereal
- Shelf-stable milk, canned fruit, chocolate

03

IF YOU CAN COOK

- White rice, pasta, couscous, oats
- Oil, salt, sugar, spices
- Boxed soups, broth
- Instant coffee, cocoa, tea

04

ROTATE

- New at the back, take from the front
- Month and year on the lid in marker
- Check every six months

05

FRIDGE WITHOUT POWER

- Closed: fridge 4 h, full freezer 48 h
- Over 2 h above 40 °F · 4 °C: toss it
- Eat fridge first, then freezer
- When in doubt, throw it out

06

DON'T FORGET

- Formula and baby food
- Special diets and allergies
- Pet food
- A manual can opener

! Never use grills, charcoal or generators indoors, in a garage or on an enclosed balcony: carbon monoxide.