

# Jessica's Emergency Supply Shopping List



I have created this shopping list as a starting point for helping you prepare for an emergency situation. The foods I have selected for the list will be good for up to one year from the time of purchase, their packaging is protective in case it gets wet, no heating or cooking is necessary and they do not require refrigeration (even the cheese!). The meat and fish are in individual or small, easily opened packages so they can be consumed in one sitting. When deciding what to pack, also consider how much you need. Most experts suggest three to seven days worth of supplies per person plus enough formula and food for any babies and enough food and water for your pets. If you have four people in your house, plan on stocking three gallons of water for all of you for each day. Designate a cool and dry place in your home where you can store emergency supplies. Pack your reserves into two waterproof duffel bags that can be carried on your back easily. Mark your calendars for six months from now as a reminder to eat and replace the food in your kits and test the batteries. All of the foods and beverages as well as many of the supplies (with the exception of the MREs) on my list can be found at Gelson's.

## Beverages

- Bottled water in unbreakable hard plastic containers, such as *Crystal Geysler* 1 gallon, *Gelson's Finest* 1.5 liter and *Sparkletts* 0.5 liter six packs
- Coconut water
- Evaporated milk
- Gatorade*

## Food

- Bumble Bee* pouches of albacore tuna
- Campbell's* Healthy Request and Select Harvest canned soups
- Chicken of the Sea* EZ open individual cans of pink salmon
- Del Monte* no salt added canned vegetables
- Dole* fruit bowls in juice
- Earthbound Farm* organic dried fruit
- Flanigan Farms* raw nuts, seeds and trail mix
- Imagine Organic* boxed soups
- Kashi* TLC 7-grain crackers
- Kind Bars* Fruit + Nut Delight or Nut Delight
- Mariani* honey bars
- MREs (military meals ready to eat)

- Natural Directions* organic unsweetened applesauce cups
- Organic baby food pouches from *Happy Baby*, *Plum Organics* and *Sprout*
- Pet food
- Progresso* reduced sodium canned soups
- Seapoint Farms* dry roasted edamame
- Skippy* peanut butter
- Snack Masters* beef and turkey jerky
- Sun Vista* canned no salt added beans
- The Laughing Cow* light Swiss cheeses and Mini Babybel cheeses
- Valley Fresh* canned chicken

## Safety

- Candles
- Compass
- First aid kit
- First aid manual
- Flashlight with extra batteries
- Map of your area protected by plastic
- Masks
- Plastic whistle
- Pocket knife
- Portable radio with extra batteries
- Two waterproof duffel bags, one for food, and one for nonfood items
- Waterproof matches
- Work-weight gloves

## Kitchen Items

- Cups
- Manual can opener
- Plastic utensils
- Plates

## Personal Needs

- Blankets
- Extra clothing
- Medications
- Money
- Sunglasses
- Sunscreen

## Sanitation

- Hand sanitizer
- Hand wipes
- Household bleach
- Paper towels
- Plastic garbage bags
- Soap
- Toilet paper
- Toothbrushes and toothpaste



If you have any questions, please feel free to call Jessica at **1-800-GELSONS (435-7667)** or visit our website **[www.gelsons.com](http://www.gelsons.com)** for a schedule of Jessica's store appearances.