

# Emergency pantry list for Queensland households

Many households may lose access to water, electricity and food stores during emergency events such as floods, storms, cyclones or bushfires in Queensland.

The following pantry list will help your household to prepare for these events.

The list outlines the food required for two people (aged 12 months or older) for seven days and is based on national nutrition guidelines.

Items do not require refrigeration, special preparation or cooking.

Households should adapt the pantry list for people with food allergies, special diets or other specific food requirements.



## Tips for your household

### Preparing for an emergency

- Divide or multiply the quantities in the pantry list to meet your household's needs.
- Refer to the food item examples on the following page when considering your purchases. If your household is smaller or larger than two people, other sizes of cans, bottles and packets may be more appropriate.
- Choose the brand, size and variety that suit your household's tastes, needs and budget.
- Buy familiar foods that your household will enjoy.
- Buy items on special or generic brands to reduce the cost.
- Buy salt-reduced items and avoid adding salt to your meals. Salt will increase your thirst.
- Avoid panic buying. Purchase items throughout the year and stock up gradually.
- Regularly check the expiration dates of all foods in your pantry and use or replace any items which will expire during the storm season.
- Read the Emergency pantry list for infants fact sheets if you have children aged 0–12 months in your household. Remember, long life milk is not suitable for infants.
- Read the following fact sheets for information about how to ensure safe drinking water supplies:
  - Prepare your household emergency kit
  - Ensuring safe drinking water.

- Read the *Food safety in an emergency* fact sheet for information about consuming food from your refrigerator following power failures, and other food safety tips.

## During an emergency

- Supplement the pantry list with non-perishable (undamaged) food items from your pantry.
- Discard any opened food that may spoil if not eaten immediately.
- Avoid eating food that has passed its best-before date.
- Do not give whole nuts to children under five years as they may present a choking risk.

Call 13 HEALTH (13 43 25 84) at any time for practical medical advice and assistance.



Food items	Approximate food quantities	Purchasing examples
<b>Breads and cereals</b>		
Breakfast cereal (dry) e.g. muesli, wholegrain cereal	850 g	28 x 30 g single-use bowls/boxes or 2 x 400–450 g boxes or 1 x 800–900 g box
Flat bread (long life, vacuum packed) e.g. pita bread, lavash	1100 g	4 x 260 g packs or 6 x 200 g packs or 2 x 567 g packs
Wholegrain crisp bread/dry biscuits	500 g	2 x 250 g boxes or 4 x 125 g boxes
Ready-to-eat rice or noodles	1700 g	8 x 250 g packets
<b>Fruit</b>		
Canned fruit e.g. pineapple, peaches, fruit salad, plums, berries, apricots	2400 g	8 x 400/410/420 g cans or plastic tubs *
Dried fruit e.g. sultanas, apricots, mixed fruit	200 g	1 x 210 g packet
Fruit juice (100% fruit juice)	750 mL	3 x 250 mL tetra packs
<b>Vegetables</b>		
Starchy vegetables e.g. canned potatoes	1050 g	4 x 410 g cans*
Green vegetables e.g. canned peas, beans, asparagus	1050 g	7 x 220 g cans*
Orange and other vegetables e.g. canned beetroot, carrots, corn, tomatoes, mushrooms, capsicum, mixed vegetables	3150 g	14 x 420 g cans*
<b>Legumes</b>		
Canned legumes e.g. kidney beans, 4-bean mix, chick peas, lentils	1000 g	4 x 410 g cans*
Baked beans	750 g	4 x 220 g cans
<b>Nuts and seeds</b>		
Nuts and/or seeds (unsalted) e.g. almonds, cashews, pistachios, walnuts, sunflower seeds, pumpkin seeds, seed mix, nut paste	450 g	3 x 150 g packet
<b>Dairy foods (milk, yoghurt and cheese)</b>		
Long life milk or calcium fortified soy milk	5000 mL	20 x 250 mL tetra packs (cow's milk or soy milk)
Long life cheese e.g. cheese wedges or sticks	400 g	1 x 160 g box and 1 x 240 g packet
Long life custard	800 g	2 x 4 pack custard cups
<b>Red meat, poultry, fish, eggs</b>		
Canned meat and/or poultry or alternatives e.g. braised steak, canned chicken, canned ham, nut meat	900 g	12 x 85 g cans (chicken) or 5 x 200 g cans (ham/corned beef) or 5 x 400/410/420/425 g cans (meat)
Canned fish e.g. tuna, salmon, sardines	1600 g	8 x 185/210 g cans
<b>Unsaturated fats and oils</b>		
Unsaturated oil e.g. olive oil	280 g	1 x 375 mL bottle
<b>Discretionary foods/treats</b>		
For example, sweet biscuits, muesli bars, chocolate, lollies	650 g	200 g chocolate, 200 g sweet biscuits, 250 g muesli bars
<b>Fluids (for drinking and food preparation)</b>		
Bottled water	42 L	21 x 2 L bottles
<b>Other equipment</b>		
Plastic crockery, cutlery and utensils (only required if you do not have access to your own crockery and cutlery, or washing up facilities)	28 forks 28 knives 28 spoons 28 plates 28 bowls 56 cups 1 can opener	1 x 20 pack and 1 x 10 pack of each cutlery item 2 x 20 pack of each crockery item 3 x 20 pack disposable cups 1 can opener
Hand sanitiser (water-free)	2 tubes/bottles	2 x 200 mL bottles

\* The weight of these purchasing examples is larger than the amount of food required, to allow for drainage of liquid.