

PREP ON A BUDGET

YOUR BUDGET IS IMPORTANT

You do not need expensive dehydrated meals or huge bins of grains to survive. There are ways to save money while creating your emergency supply.

- Add one or two items to your shopping list, per week. Canned goods are very affordable but some snack foods and high energy foods are not. Consider stocking more expensive items over time to save cash.
- Look for deals on bulk items and shop with a buddy. Bulk buying cases of can goods, granola bars, nuts, and soup can save money. Shop with neighbors and family to prepare together.
- Visit your local pantry. When your budget is too tight, a food pantry can help.
- Learn to can. Learning to preserve food can help maximize your food budget all year long. Fresh food is cheapest during the growing season. Purchase extra produce in summer and preserve it for winter. Be sure to follow good canning practices to make sure your food is safe to eat. Resources for learning about canning are available at your local library.

SCRIPT TIP

To build an emergency supply of your regular prescription medicines, order your refill ahead. Most insurers, including Medicare plans, will allow you to order your refill up to 5 days ahead of time. Do this twice and you will always have a 10 day surplus of medicine on hand.



The mission of the Buffalo and Erie County Food Policy Council (FPC) is to advocate for an equitable and sustainable food system for the people of Buffalo and Erie County.

STAY IN TOUCH



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For more information on Live Well Erie initiatives, visit www.erie.gov/livewellerie

PREPARE

YOUR PANTRY

WITH TIPS FROM



FOOD POLICY COUNCIL of Buffalo & Erie County



updated 03/2023

THINGS TO CONSIDER

Each household is different. This list is just a starting point. Talk with your family members about what what works best for everyone.

DIET

Think about the amount of food you would normally eat in a day and plan potential meals accordingly. One can of pasta or beans will not feed five people.

COOKING

- When the power is out, electric stoves will not work. Some gas stoves have emergency shut off features that will not allow the burner to light without power
- Canned goods, including vegetables, fruits, pasta, tuna fish, baked beans, and soups **do not need to be heated to be safe to eat.**
- Introduce emergency foods to children and picky eaters sooner to learn what your family prefers.
- Keep recipes ready on paper.
- Consider buying a camping stove or Sterno (jellied denatured alcohol) to use to heat food and beverages. Add matches to your supply list. Camping stoves are not safe to use indoors.

EQUIPMENT

Keep equipment on hand that is dedicated for emergency use, only. Canned goods will not work if your can opener is broken or missing.

- Heavy duty handheld can opener
- Paper products: plates, bowls, napkins, cups
- Cleaning supplies & paper towels

SHELF LIFE

Two simple ways to keep your pantry stocked:

1. Review and restock emergency pantry items along with your regular grocery shopping.
2. Review and restock emergency pantry items once or twice a year. Look for items with a shelf life. Track restock dates with your calendar.



FOOD SAFETY

Foods in your refrigerator are at risk of spoiling when power goes out. Note the time you lose power and keep refrigerator doors closed as much as possible.

- Eat foods that can spoil first.
- If power is restored within four hours, everything should be safe to eat.
- A full freezer will stay frozen for around two days, if the door remains closed. A less full freezer will stay frozen for about one day.
- If the temperature in your refrigerator rises above 45F, discard things like meat, poultry, fish, dairy, eggs, soft cheeses, and cooked foods first.
- When in doubt, throw it out. Do not risk sickness.
- Print this food safety chart for power outages: <https://bit.ly/poweroutfoodsafetychart>

SPECIALTY FOOD

Elders and people on special diets may not be able to consume regular canned goods. Family members with chronic illness like diabetes or diverticulitis may need special foods. Look for low sodium options and keep extra water on hand for rinsing canned food.

BABY FORMULA

Do not try to make baby formula at home. Do not water formula down. Keep a 10-14 day supply on hand if you can. For more information, visit: <https://bit.ly/HHSFormulaTips>

CAFFEINE & ALCOHOL

Limit caffeine and alcohol during stressful times. Keep non-caffeinated non-alcoholic beverages on hand, in addition to water, to ensure hydration.

CHECKLIST

BOTTLED WATER

- One gallon per person per day plus extra for washing

READY-TO-EAT CANNED FOODS

- | | |
|---|--|
| <input type="checkbox"/> Vegetables | <input type="checkbox"/> Beans: whole, refried, baked |
| <input type="checkbox"/> Fruits | <input type="checkbox"/> Pasta: Spaghetti Os |
| <input type="checkbox"/> Meat | <input type="checkbox"/> Soup: Hearty soups & stew |
| <input type="checkbox"/> Fish: tuna, salmon | <input type="checkbox"/> Juice: 100% fruit & vegetable |
| <input type="checkbox"/> Poultry | <input type="checkbox"/> Applesauce |

MILK & MILK ALTERNATIVES

- Single serve shelf-stable brick packages
- Powdered
- Canned

HIGH ENERGY FOODS

- | | |
|---|---|
| <input type="checkbox"/> Peanut butter | <input type="checkbox"/> Granola & cereal |
| <input type="checkbox"/> Jelly | <input type="checkbox"/> Trail mix |
| <input type="checkbox"/> Nuts | <input type="checkbox"/> Energy bars |
| <input type="checkbox"/> Dried meat (jerky) | |

STAPLES

- | | |
|--------------------------------|---|
| <input type="checkbox"/> Sugar | <input type="checkbox"/> Spices, seasoning, pepper |
| <input type="checkbox"/> Salt | <input type="checkbox"/> Instant coffee, tea, cocoa |

CANDY

- | | |
|-------------------------------------|------------------------------------|
| <input type="checkbox"/> Hard candy | <input type="checkbox"/> Chocolate |
|-------------------------------------|------------------------------------|

INFANT & SMALL CHILDREN'S NEEDS

- | | |
|------------------------------------|----------------------------------|
| <input type="checkbox"/> Baby food | <input type="checkbox"/> Pouches |
| <input type="checkbox"/> Formula | <input type="checkbox"/> Snacks |

SIMPLE TO PREPARE FOODS

- | | |
|---|--|
| <input type="checkbox"/> Instant potatoes | <input type="checkbox"/> Powdered eggs |
| <input type="checkbox"/> Dehydrated food | |

PET FOOD

- | | |
|--------------------------------|------------------------------------|
| <input type="checkbox"/> Food | <input type="checkbox"/> Medicines |
| <input type="checkbox"/> Water | <input type="checkbox"/> Treats |

*Adapted from www.dhses.ny.gov/emergency-happens