

The Emergency Shelf

You might not be able to go to the store if

- you are sick
- the weather is bad, or
- there is an emergency.

Set up an "emergency shelf" of foods that won't go bad.
If you have space, store some emergency food in the freezer.

Here are some foods that can be stored for a long time.

Milk Products

Skim milk powder
Canned evaporated milk
UHT milk
Processed cheese slices

Meat and Meat Substitutes

Canned fish or meat
Dried and /or canned lentils and beans
Peanut butter
Frozen meat, poultry, fish

Fruits and Vegetables

Canned peas, green beans, corn, tomatoes and other vegetables
Canned vegetable soups
Canned fruit
Dried fruits
Canned or frozen juices
Frozen vegetables and fruits

Grain Products

Dry whole grain and enriched cereals
Crackers, melba toast, crispbreads
Pasta or rice noodles
Rice
Biscuit mix
Hot cereals (eg. oatmeal, cream of wheat)
Frozen bread, rolls or muffins

Other Foods:

Coffee and tea
Jam and jelly
Vegetable oil to use when you cook



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