

Food Checklist (Chapter 4)

72-Hour Supply (9 meals per person):

- ☐ 9+ tins per person (beans, soup, vegetables, protein)
- ☐ Bread/crackers (carbohydrates)
- ☐ Peanut butter/jam (high-calorie, shelf-stable)
- ☐ Cereal + UHT milk (easy breakfast)
- ☐ Chocolate/biscuits (morale boosters)

Two-Week Supply (42 meals per person):

- ☐ 42+ tins per person (variety: beans, soup, tomatoes, fish, chicken, vegetables, fruit)
- ☐ 3.5kg rice per person
- ☐ 1.5kg pasta per person
- ☐ 1kg oats per person
- ☐ 500g flour per person
- ☐ Cooking oil (1 litre)
- ☐ Salt, sugar, stock cubes, dried herbs/spices
- ☐ UHT milk (6–12 cartons)
- ☐ Dried milk powder (1 box)
- ☐ Tea, coffee, instant drinks
- ☐ Treats (chocolate, biscuits, tinned puddings)

Special Needs (Chapter 7):

- ☐ Baby formula (3.5 tins for 2 weeks)
- ☐ Baby food pouches/jars (30–40 for 2 weeks)
- ☐ Nappies (60–140 depending on age)
- ☐ Pet food dry (14 days' supply, check feeding guidelines)
- ☐ Pet food wet (if preferred—tins/pouches)

Storage:

- ☐ FIFO system implemented (oldest at front)
- ☐ All tins labelled with purchase date
- ☐ Stored in cool, dry, dark location
- ☐ Rotation schedule set (use and replace every 3–6 months)

Food requirements are covered in chapters 7 and 9 of my book:
“[Prepared Not Panicked-The Modern UK Household Guide](#)”