

Help your Brothers and others!

We'll get through this together.

Freemasons Family Food Preparedness

The following is a basic list of food to support a family of four for one month. The essentials are in red. Items should be adjusted to your personal expected needs.

- Water (1 gallon per day per person) 112 gallons
- Or 16 cases of 16.9 oz bottles x 24 per case = approx. 50 gallons

Breakfast & Cereals


- Granola bars – box of 30
- Powdered eggs – 2 packages
- Cereal
- Oatmeal

Canned, Jarred, & Pouched Foods

- Tang – 2 jars (good source of vitamin C)
- Spam – 8
- Tuna – 12
- Salmon – 8 cans
- Vegetables – assorted 16 cans
- Beans – 8 large cans
- Peanut butter – 4 jars
- Dehydrated fruits – 4 packages
- Soups – 8 large cans
- Fruits – 8 large cans
- Spaghetti sauce – 8 jars or cans
- Instant Mashed Potatoes – 8 packages
- Ham - 4
- Chili – 8

Grains, Pasta & Sides

- Pasta – 8 pounds
- Rice – 8 pounds
- Bread - 4 loaves (should be fine for up to three weeks)



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Produce

- Onions – 6 pounds
- Potatoes – 10 pounds

Snacks

- Crackers – 8 packages
- Cookies

Baking & Cooking Supplies

- Honey – 2 jars (also an antibiotic on wounds)
- Almond milk (box) – 8 boxes
- Seasonings & spices (salt, black pepper, garlic, minced onion)
- Vegetable oil – 1 large bottle

Condiments & Salad Dressings

- Ketchup – 2 containers
- Mustard – 1 container
- Mayonnaise – 2 jars

In the Refrigerator

- Milk – 2 gallons
- Cheese – assorted – 5 pounds
- Yogurt – 16 containers
- Eggs – 4 dozen jumbo
- Fruits – assorted fresh
- Vegetables – assorted fresh
- Margarine – 2 pounds

In the Freezer

- Vegetables – 16 packages of assorted
- Meat – hamburg, chicken, etc. – 10 to 20 pounds (as much as fits)
- 100% fruit juice concentrate – 4 cans

Breads – 4 loaves of multigrain