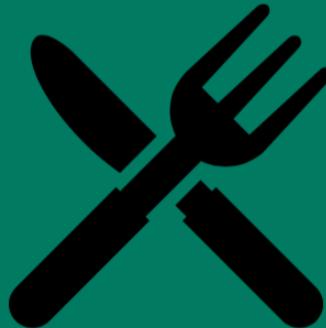




**CHOOSE FOODS  
THAT ARE COMPRESSED  
AND LIGHT**



**OBTAI<sup>N</sup> FOODS THAT  
REQUIRE NO COOLING,  
PREPARATION,  
COOKING AND LITTLE  
TO NO WATER**



# **DISASTER SUPPLY: FOOD CHECKLIST**



**STERNOS**



**THREE (3) DAY  
SUPPLY OF  
NON-PERISHABLE FOOD**

**READY-TO-EAT  
FOOD CHOICES  
ARE MOST  
IMPORTANT DURING A  
DISASTER: FRUITS,  
VEGETABLES  
AND CANNED  
PROTEINS**