

# Disaster Kit Planner

## Grocery List

Quantity	Item
<p><b>TOP PRIORITY</b> Family of Four + 1 Pet</p> <p>4 people x 3 days = 12 Gallons PLUS 1 Gallon for Pet</p>	<p><b>FEMA Basic Kit Item-Food &amp; Water for 3 DAYS</b> <b>13 Gallons of Water</b></p>
<p><b>For Family of Four:</b> 6 cans for 3 Days 14 cans for 7 Days</p>	Peaches (15 oz can)
<p><b>For Family of Four:</b> 6 cans for 3 Days 14 cans for 7 Days</p>	Pineapple Can (20 oz can)
<p><b>For Family of Four:</b> 6 cans for 3 Days 14 cans for 7 Days</p>	Apricots (15 oz can)
2	Corn (15 oz can)
2	Carrots (15 oz can)
2	Green Beans (15 oz can)
4	Chili Cans (15 oz can)
2	Peanut Butter (1 jar) – if no nut allergies
2	Oatmeal Box of 10 packets OR 18 oz Canisters of Oatmeal
1	Tang (72 oz can)
1	Blue Diamond Almonds (16 oz bag)
1	<b>FEMA Basic Kit Item</b> Manual can opener
1	<b>CDC Recommended Item</b> Bottle of Unscented Bleach for disinfecting water
1	<b>FEMA Basic Kit Item</b> Sanitizer Wipes or Bottle of Sanitizer to disinfect hands before food preparation.
1	Extra Propane Tank for your BBQ if that will be your primary stove.
1	Bag of briquettes if don't have a BBQ, propane or butane stove.
LOTS	Toilet Paper ** Put a roll in every car in case you get stranded. **

- This grocery list is based on the [1 Week Meal Plan](#) featured at DisasterKitPlanner.com.
- **Combine this food and water with the freeze dried meals featured in the 1 Week Meal Plan.**