

Muir Beach Area Disaster Council Recommended Food Supplies

Selecting Foods

Keep in mind the family needs and preferences. Include items that are a part of the family diet. They will be easy to digest. Pick low-salt, water packed varieties. Salt makes people thirsty.

Note: Items marked with an asterisk () should be purchased for each member of the family.*

Meat/Beans

Canned fish, poultry, pork, beef, beans, and products containing significant portions of these products. Dried meats are not recommended – very high in salt content.

Vegetables

Canned green beans, corn, peas, beets, carrots and mixed vegetables.

Soup

Use ready-to-eat varieties with the lowest salt content. If powdered, store additional water.

Fruit

Canned pears, peaches, mandarin oranges and applesauce.

Cereal

Whole grain cereals such as Cheerios, Chex, Kix, Total and Shredded Wheat

Beverages

1 – large can juice*

Instant coffee, tea, powdered drinks

Powdered milk

Quick Energy Snacks

Trail mix, energy bars, raisins, Gatorade or other electrolyte replacement beverages.

Other

Peanut butter*

Food for special diets

- Baby food
- Baby formula
- Pet food