

## GENERAL SUPPLIES

- ◆ Portable burner
- ◆ Fuel for burner
- ◆ Lighter/Matches
- ◆ Plastic storage container with lid
- ◆ Torch light
- ◆ Batteries for torch light

## SANITATION SUPPLIES

- ◆ Chlorine bleach
- ◆ Clear plastic wrap
- ◆ Dishwashing liquid
- ◆ Disposable food handlers gloves
- ◆ Garbage bags
- ◆ Hand sanitizer
- ◆ Hand soap
- ◆ Household disinfectant wipes
- ◆ Paper towels
- ◆ Plastic bags (zipper close)
- ◆ Plastic basin

## UTENSILS

- ◆ Disposable bowls and cups
- ◆ Disposable forks and spoons
- ◆ Kitchen knife
- ◆ Manual can opener
- ◆ Pot spoon
- ◆ Small pot with cover



## SAMPLE MENU

### BREAKFAST

Muesli cereal (with dried fruit & nuts)  
Yogurt  
Ginger tea



### LUNCH

Whole wheat crackers  
Tuna and mixed vegetables  
Orange juice



### DINNER

Instant Porridge  
Milk  
Fruit cup



Disaster Preparedness



# Emergency Food & Supplies List for Households

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Food is a basic human need and is important for life as well as quality of life. Recognising this, here are a few suggestions to assist you as you choose items for your **Emergency Food & Supplies List**.



### **SPECIAL DIETARY NEEDS**

Consider those with special dietary needs, including pregnant and lactating women, infants, children, the elderly and those with chronic nutrition-related illnesses.



### **INFANTS 0-12 MONTHS**

Breastfeeding is encouraged.

Include age-appropriate infant formula for formula fed infants.

Breastfeeding mothers should store an emergency supply of infant formula in case breastfeeding is interrupted due to an emergency.



### **INFANTS 6-12 MONTHS**

Include ready-to-eat baby foods:

- ◆ Fruit
- ◆ Vegetable
- ◆ Infant cereal
- ◆ Ready-prepared dinners

Offer infants **boiled or purified water**.

### **WATER**

Store at least 1 gallon of drinking water for each person daily.

### **STAPLE FOODS**

Canned Corn  
Cereal bars  
Crackers  
Ready-to-eat cereals: Granola, bran flakes, instant porridge

### **LEGUMES**

Canned peas or beans: kidney beans  
Nut butter: Peanut butter  
Soy or almond milk  
Unsalted nuts: peanuts, almonds, cashews

### **FOODS FROM ANIMALS**

Canned Fish: Tuna, sardines, mackerel  
Canned meats: Corned beef  
UHT milk, including evaporated milk and flavoured milk  
UHT yogurt  
**(UHT does not need refrigeration prior to opening.)**

### **FRUITS**

Canned fruit (all types), fruit cups  
100% juices  
Dried fruit: Raisins, prunes

### **VEGETABLES**

Canned carrots  
Canned mixed vegetables  
Canned tomatoes

### **FATS AND OILS**

Margarine  
Seeds: Flax or linseed, pumpkin, sesame, sunflower

### **CONDIMENTS & SEASONINGS**

Dried herbs and spices  
Ketchup  
Mustard  
Pepper sauce  
Salt

### **SWEETS**

Jam/Jelly  
Soft drinks  
Sugar  
Syrup



### **MISCELLANEOUS FOODS**

Canned soups  
Cocoa/Hot chocolate  
Cookies  
Tea: Green tea, peppermint tea, ginger tea

**Allocate a two (2) week supply of food and water for each person in your household.**



Those needing special nutrition formulas or supplements should have extra supplies on hand.