

My Emergency Food Shopping List

Seven days of ordinary supermarket food - no expensive survival kits

START HERE

People to feed: _____ Days to cover: 7 Dietary needs: _____

Check your cupboards first, then tick what you still need. Buy gradually during normal shopping trips. Choose familiar food, with plenty needing no cooking.

READY-TO-EAT MAINS

- [ ] Baked beans
- [ ] Beans and sausages
- [ ] Tinned stew, chilli or curry
- [ ] Ready-to-eat tinned ham or meat
- [ ] Tinned tuna, salmon or sardines
- [ ] Tinned potatoes (already cooked)
- [ ] Tinned mixed vegetables
- [ ] Ready-to-eat chickpeas or lentils
- [ ] Thick, substantial tinned soups
- [ ] Other ready-to-eat family meals

BREAKFAST

- [ ] Breakfast cereal
- [ ] Small cartons of UHT milk
- [ ] Porridge oats (needs preparation)
- [ ] Breakfast or cereal bars
- [ ] Shelf-stable milk alternatives
- [ ] Powdered milk (if normally used)

LUNCHES AND LIGHT BITES

- [ ] Crackers or crispbread
- [ ] Oatcakes or rice cakes
- [ ] Peanut butter
- [ ] Jam or honey
- [ ] Shelf-stable wraps (check dates)
- [ ] Other favourite sandwich spreads

COOK-WHEN-YOU-CAN FOODS

- [ ] Rice
- [ ] Pasta
- [ ] Instant noodles
- [ ] Instant mashed potato
- [ ] Couscous
- [ ] Tinned chopped tomatoes
- [ ] Jars of pasta or curry sauce
- [ ] Quick-cooking family favourites
- [ ] Instant or packet soups

FRUIT AND VEGETABLES

- [ ] Tinned peaches, pears or pineapple
- [ ] Other tinned fruit / fruit cocktail
- [ ] Dried fruit, raisins or apricots
- [ ] Shelf-stable fruit purée pouches
- [ ] Tinned sweetcorn, peas or carrots
- [ ] Other favourite tinned vegetables

FLAVOUR, DRINKS AND TREATS

- [ ] Salt and pepper
- [ ] Stock cubes, herbs and spices
- [ ] Cooking oil and favourite sauces
- [ ] Tea and coffee
- [ ] Sugar or sweetener
- [ ] Hot chocolate
- [ ] Squash or long-life fruit juice
- [ ] Nuts and savoury snacks
- [ ] Biscuits, sweets or chocolate
- [ ] Long-life puddings



Family Extras & Cupboard Essentials

Food preparation, special requirements and a practical stock check

MAKE IT WORK FOR YOUR FAMILY

The UK Government advises 3 days of food; this follows a personal 7-day target.

Buy quantities your household will actually use, including plenty of no-cook food.

Never use outdoor-only stoves or barbecues indoors or in enclosed spaces.

BABIES, CHILDREN & SPECIAL DIETS

- [ ] Ready-to-feed infant formula, if needed
- [ ] Age-appropriate baby food / pouches
- [ ] Familiar foods for children
- [ ] Allergy-safe or free-from alternatives
- [ ] Specialist food for medical needs
- [ ] Extra foods for larger appetites
- [ ] Food for anyone you care for

FOOD & COOKING EQUIPMENT

- [ ] Reliable manual tin opener
- [ ] Safe backup cooking method, if used
- [ ] Correct fuel, stored as instructed
- [ ] Lighter or matches, if required
- [ ] Drinking water and water for cooking
- [ ] Food-safe bowls and storage tubs
- [ ] Plates, cups and eating utensils
- [ ] Washing-up liquid and sponge
- [ ] Hand sanitiser and kitchen wipes

PETS

- [ ] Usual pet food for the full period
- [ ] Pet treats or supplements, if used
- [ ] Food bowls and feeding supplies
- [ ] Extra drinking water for pets

OTHER HOUSEHOLD ESSENTIALS

- [ ] Toilet roll and tissues
- [ ] Soap and wet wipes
- [ ] Toothpaste and toothbrushes
- [ ] Sanitary, continence or baby supplies
- [ ] Heavy-duty bin bags
- [ ] Prescription and usual medicines
- [ ] Basic first-aid supplies
- [ ] Torch, spare batteries and power bank

CHECK BEFORE YOU FINISH

- [ ] Enough breakfasts, lunches and dinners
- [ ] Enough no-cook options for power cuts
- [ ] Check best-before and use-by dates
- [ ] Follow storage / heating instructions
- [ ] Choose smaller packs if no fridge
- [ ] Keep food cool, dry and easy to reach
- [ ] Put older stock at the front; rotate

MY SHOPPING NOTES / QUANTITIES

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____