

# FOOD SUPPLY CHECKLIST

## If FOOD supply is disrupted

### What could happen in the first 3 days

1. Food shortage in supermarket and local shops due to panic buying.
  - bread, milk, pasta, rice and other essentials, specialty goods
2. Delivery services could become overwhelmed or unavailable.
  - people relying on delivery service could miss out.
3. Prices may rise.

### Long term disruption (1 month or more)

1. The above situations can become escalated.
2. You can run out of food unless you have your own stock.



**START stocking up now**

## What you can start TODAY:

### Preparation

#### 1. Food Planning

- Make a list of essential staples (rice, pasta, oats, beans, flour, sugar, salt).
- Add protein sources (canned fish, lentils, chickpeas, nuts, powdered milk).
- Include long-life vegetables & fruit (canned tomatoes, frozen veg, dried fruit).
- Stock cooking essentials (oil, spices, stock cubes, sauces).
- Add some comfort foods (tea, coffee, chocolate, snacks).
- Find out where you can obtain goods in bulk (farms, online shop, COSTCO).

## 2. **Cater for your specific requirements**

- Note dietary requirements (gluten-free, low-salt, allergies).
- Include baby food, pet food, or supplements if needed.

## 3. **Space & Storage**

- Clear space in pantry/cupboards.
- Allocate cool, dark, dry storage areas.
- Get stackable containers (airtight, rodent-proof).
- Get bottles and refillable containers for water storage.
- Get containers and bags for freezing.
- Label shelves/boxes for easy rotation.
- Consider the need for security.

## 4. **Plan for possible power outage**

- Store food not requiring refrigeration, easy to prepare foods.
- Food preparation without power (camp oven over a fire, camp kitchen set, gas bottles, fire starter, lighter, matches).
- Light without power (solar LED lights, head lamps, oil lamps, candles).
- Manual can opener.

## 5. **Plan for possible water supply shortage**

- Find out how much water you would require per person per day.
- Suggested amount:
  - ▶ Drinking and cooking: 5L – 8L of clean water.
  - ▶ Showering, laundry, hand washing, garden, etc: 120L – 250L of water.

## **Start stocking up**

### 1. **Food and Water**

- Store food in freezer (label food with purchase date & expiry date).
- Purchase non-perishable, easy-to-prepare food.
- Store clean water for drinking and cooking.
- Store water for showering, laundry, hand washing, garden, etc.

Have a water filter or purification tablets.

## 2. **Preserving & Cooking**

Purchase equipment, jars and ingredients.

Make preserves, pickles, dried fruit/vegetables. Learn if you don't know how.

## 3. **Grow your own herbs and vegetables**

Purchase pots, sprouting jars, kits, etc.

Grow herbs, sprouts and vegetables in pots, balconies, rooftop.

## 4. **Education: adults and children**

Learn DIY skills from books, websites, workshops.

Run workshops and training sessions to share knowledge and skills.

Learn alternative ways of cooking and try them out.

Learn about edible weeds, how to prepare them, practise.

## **During Food Supply Shortage**

1. Ration food (discuss with your family members, etc).

2. Use First In, First Out system (monitor expiry date).

3. Regularly check for spoilage or pests.

## **Other Considerations**

1. Develop community support networks for food sharing and delivery.

2. Hold workshops to learn from each other in the community.

3. Support local food systems

- Farmers' markets, community gardens, rooftop gardening.

4. Store some MREs (Ready-to-Eat emergency food).

5. Don't announce to people that you have a reserve.

# **Suggested list of foods to store** (4-week supply for 1–2 people)

[Food Stock Spreadsheet](#) - this links to a PDF spreadsheet

## **Staple Carbohydrates**

- Rice: **8–10 kg**
- Pasta/noodles: **5–6 kg**
- Rolled oats: **3–4 kg**
- Flour (for bread, etc): **4–5 kg**
- Crackers (long shelf life): **2–3 packs**

## **Proteins**

- Canned beans/lentils: **12–15 cans**
- Dried beans/lentils: **2–3 kg**
- Canned tuna/salmon/chicken: **12–16 cans**
- Peanut butter or nut butter: **1–2 large jars**
- Powdered or long-life milk: **3–4 litres (UHT) OR 1–2 kg powdered**
- Eggs: fresh (rotate weekly) or powdered eggs: **500 g–1 kg**
- Nuts/seeds: **1–2 kg mixed**

## **Vegetables & Fruit**

- Canned tomatoes: **8–10 cans**
- Canned mixed vegetables: **10–12 cans**
- Frozen vegetables (if freezer space): **4–6 kg**
- Dried fruit (sultanas, apricots, dates): **1–2 kg**
- Canned fruit: **8–10 cans**

## **Cooking Essentials**

- Cooking oil: **2–3 litres**
- Sugar/honey: **2–3 kg**
- Salt: **1 kg**
- Stock cubes/powder: **4–6 packs**
- Herbs & spices (pepper, chili, curry, oregano, etc.): as required
- Tea/coffee: **1–2 large packs**

## **Snacks & Comfort Foods**

- Chocolate, biscuits, or muesli bars: **2–3 packs**
- Instant soup/noodles: **6–8 packs**

## **Water & Drinks**

- Drinking water: **60–80 litres total** (about 2–3 litres per person/day)
- Electrolyte sachets or sports drink powder: **10–12 serves**

## **Optional / Special Needs**

- Baby food, formula, pet food
- Gluten-free or low-salt alternatives
- Multivitamins and other supplements

		<b>List of Foods to Store</b> (4 week supply for 1-2 people)				
	<b>Item</b>	<b>Suggested Amount</b>	<b>Current Stock</b>	<b>Weekly Usage</b>	<b>Current stock Will last for</b>	<b>Order Priority</b>
<b>Staple Carbo-Hydrates</b>	<i>EXAMPLE – Rice</i>	8-10 kg	3 kg	2.5 kg	1 week+	High
	Rice	8-10 kg				
	Pasta / noodles	5-6 kg				
	Rolled oats	3-4 kg				
	Flour	4-5 kg				
	Crackers	2-3 packs				
<b>Proteins</b>	Canned beans / lentils	12-15 cans				
	Dried beans / lentils	2-3 kg				
	Canned meat / fish	12-16 cans				
	Peanut butter or Nut butter	1-2 large jars				
	Powdered or Long-life milk	1-2 kg or 3-4 litres				
	Powdered or Fresh eggs	1 kg or 500g				
	Nuts/seeds	1-2 kg mixed				

<b>Veggies and Fruit</b>	Canned mixed vegetables	10-12 cans				
	Canned tomatoes	8-10 cans				
	Frozen vegetables	4-6 kg				
	Canned fruit	8-10 cans				
	Dried fruit	1-2 kg				
<b>Cooking Needs</b>	Cooking oil	2-3 litres				
	Sugar or Honey	2-3 kg				
	Stock cubes / powder	4-6 packs				
	Herbs and Spices	as required				
<b>Snacks and Tea/ Coffee</b>	Chocolate / Biscuits	2-3 packs				
	Instant soup / noodles	6-8 packs				
	Tea / coffee	1-2 large packs				
<b>Water and</b>	Drinking water	60-80 litres				
	Electrolyte sachets	10-12 serves				



# PREPAREDNESS CHECKLIST

## In the Absence of Essential Services

	Short Term	Long Term
<b>Emergency &amp; Protective Services</b>	<ul style="list-style-type: none"><li><input type="checkbox"/> Household fire extinguisher &amp; alarms working.</li><li><input type="checkbox"/> Evacuation plan prepared.</li><li><input type="checkbox"/> Emergency contacts stored offline.</li></ul>	<ul style="list-style-type: none"><li><input type="checkbox"/> Community watch or buddy system.</li><li><input type="checkbox"/> Self-defence basics.</li><li><input type="checkbox"/> Fire safety and bushfire/wildfire response training.</li></ul>
<b>Social &amp; Community Services</b>	<ul style="list-style-type: none"><li><input type="checkbox"/> Emergency cash reserve.</li><li><input type="checkbox"/> 3 days' worth of food &amp; water.</li><li><input type="checkbox"/> Stay in contact with neighbours.</li></ul>	<ul style="list-style-type: none"><li><input type="checkbox"/> 2–4 weeks of food &amp; water storage (per person).</li><li><input type="checkbox"/> Strong neighbour/community support network.</li><li><input type="checkbox"/> Identify local aid groups, churches, charities for backup.</li></ul>
<b>Transport &amp; Infrastructure Services</b>	<ul style="list-style-type: none"><li><input type="checkbox"/> Full fuel tank in car.</li><li><input type="checkbox"/> Maps (offline or printed).</li><li><input type="checkbox"/> Alternative transport (bike, walking routes).</li></ul>	<ul style="list-style-type: none"><li><input type="checkbox"/> Spare fuel safely stored.</li><li><input type="checkbox"/> Car maintenance tools &amp; spares.</li><li><input type="checkbox"/> Water purification system or rainwater collection.</li><li><input type="checkbox"/> Backup power (solar panels, generator, power banks).</li></ul>
<b>Legal &amp; Advocacy Services</b>	<ul style="list-style-type: none"><li><input type="checkbox"/> Important documents secured in waterproof folder.</li><li><input type="checkbox"/> Emergency contacts for lawyers or legal aid.</li></ul>	<ul style="list-style-type: none"><li><input type="checkbox"/> Digital &amp; physical backups of all documents.</li><li><input type="checkbox"/> Understanding of rights (housing, work, welfare).</li><li><input type="checkbox"/> Local advocacy/community representatives identified.</li></ul>

<p><b>Employment &amp; Business Services</b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Resume &amp; key documents stored offline.</li> <li><input type="checkbox"/> Quick income backup (gig, odd jobs, freelance skills).</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Resume &amp; key documents stored offline.</li> <li><input type="checkbox"/> Quick income backup (gig, odd jobs, freelance skills).</li> </ul>
<p><b>Environmental &amp; Recreational Services</b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Books, board games, and activities to stay calm.</li> <li><input type="checkbox"/> Basic gardening tools if available.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Food gardening, seed saving, composting setup.</li> <li><input type="checkbox"/> Manual tools for home and land maintenance.</li> <li><input type="checkbox"/> Community-based activities for morale.</li> </ul>

# PREPAREDNESS CHECKLIST

## If ESSENTIAL SERVICES are disrupted

- Short term - survive with essentials (food, water, medicine, safety, cash).
- Long term - adapt and self-sustain (gardening, water systems, community networks, skills).
- Key - focus on self-sufficiency (food, water, health), local networks, and offline backups across all categories.

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### 1. Emergency & Protective Services

- Learn fire safety, bushfire/housefire evacuation plans.
- Keep a fire extinguisher, smoke alarms, and fire blankets.
- Store emergency contact numbers offline.
- Have a personal safety plan (self-defence basics, community watch group).

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### 2. Social & Community Services

- Build a support network with neighbours/friends.
- Identify local charities, churches, or community groups that may provide help in crises.
- Save some emergency cash in case digital payments stop.

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### 3. Transport & Infrastructure Services

- Keep a bike or alternative transport option.
- Maintain your car with spare fuel, tools, and maps (offline navigation).
- Store water filters or rainwater collection systems in case utilities fail.
- Have a small solar charger or generator for electricity backup.

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### 4. Legal & Advocacy Services

- Store important documents (IDs, titles, insurance, wills) in both physical and digital (offline) copies.
- Know basic rights around housing, health, and work.

- Connect with local advocacy or community leaders.
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## **7. Employment & Business Services**

- Keep an updated resume offline.
  - Maintain skills in trade, gardening, repairs, or caregiving that can be exchanged.
  - Diversify income streams (side hustles, home-based skills).
  - Store basic business or household financial records offline.
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## **5. Environmental & Recreational Services**

- Learn gardening, composting, and water-saving practices.
  - Keep manual tools for maintenance and food growing.
  - Have indoor/outdoor activities (books, games, creative hobbies) for mental wellbeing.
  - Stay engaged in local community events for resilience and morale.
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# List of some Common Services:

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## 1. Health & Medical Services

- Public hospitals (Medicare-funded)
  - Private hospitals and specialists
  - General practitioners and medical clinics
  - Community health centres
  - Mental health services (Beyond Blue, Lifeline, Headspace)
  - Dental services
  - Allied health (physiotherapy, occupational therapy, podiatry, speech therapy)
  - Aged care and disability care services (NDIS support, residential facilities, home care)
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## 2. Education & Child Services

- Public and private schools (primary, secondary)
  - TAFE institutions
  - Universities
  - Childcare and early learning centres
  - Special education support
  - Vocational training and apprenticeships
  - Libraries and learning centres
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## 3. Emergency & Protective Services

- Police
  - Fire & Rescue services
  - Ambulance and paramedics
  - State Emergency Services (SES)
  - Surf Life Saving Australia (coastal rescue)
  - Rural Fire Services
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## 4. Social & Community Services

- Centrelink (income support, unemployment benefits, pensions)
- Housing assistance (public and social housing, homelessness support)
- Family and domestic violence support services

- Migrant and refugee settlement services
  - Indigenous community support programs
  - Food relief (e.g. Foodbank, OzHarvest, Salvation Army)
  - Community centres and neighbourhood houses
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## **5. Transport & Infrastructure Services**

- Public transport (buses, trains, ferries, trams)
  - Roads and highways (maintenance and upgrades)
  - Airports and ports
  - Postal and delivery services (Australia Post, couriers)
  - Utilities (water, electricity, gas)
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## **6. Legal & Advocacy Services**

- Legal Aid (low-cost/free legal advice)
  - Community legal centres
  - Family law courts
  - Advocacy groups (disability, consumer rights, Indigenous rights, workers' rights)
  - Mediation and dispute resolution services
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## **7. Employment & Business Services**

- Job search and employment agencies (e.g. Services Australia, JobActive providers)
  - Workplace training and upskilling programs
  - Business support services (ATO advice, small business hubs)
  - Trade unions and professional associations
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## **8. Environmental & Recreational Services**

- National parks and conservation agencies
  - Recycling and waste management
  - Local council recreational facilities (swimming pools, sports centres, playgrounds)
  - Arts, culture, and museum services
  - Community events and festivals
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