

Food Supply Checklist

**Building household and community food security
during disruptions**

Why Prepare?

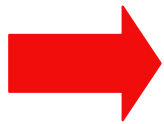
- **Food systems are fragile.**
- **Disruptions can happen suddenly.**
- **Panic buying empties shelves fast.**
- **Delivery & logistics can fail.**
- **Prices may spike.**

First 3 Days of Disruption

- **Empty shelves: bread, milk, pasta, rice vanish first.**
- **Delivery services overloaded.**
- **Price increases begin.**
- **Neighbours competing for essentials.**

Beyond 1 Month

- No restock = no food.
- Reliance on stockpiles.
- Escalating shortages.
- Increased community tension.



Start stocking up now!

Core Principle

The best time to prepare was yesterday.

The second best time is today!

Food Planning

- **List staples: rice, pasta, oats, beans, flour, sugar, salt.**
- **Protein: canned fish, beans, lentils, nuts, powdered milk.**
- **Long-life fruit & veg: canned and frozen veg, dried fruit.**
- **Comfort foods: tea, coffee, chocolate.**
- **Bulk sources: farms, online, Costco.**

Cater for Specific Needs

- **Allergies, gluten-free, low salt.**
- **Baby food & formula.**
- **Pet food.**
- **Supplements or vitamins.**

Storage & Space

- **Clear pantry & cupboards.**
- **Allocate cool, dark, dry storage.**
- **Airtight, rodent-proof containers.**
- **Freezer bags, labels, rotation system.**
- **Water containers (drinking + washing).**
- **Security considerations.**

Power Outage Planning

- **Stock food not needing refrigeration.**
- **Backup cooking: gas, camp oven, fire starter.**
- **Backup lighting: solar lamps, candles, oil lamps.**
- **Manual can opener.**

Water Planning

- **Drinking/cooking: 5–8 L per person/day.**
- **Washing/laundry/garden: 120–250 L per person/day.**
- **Store clean water now.**
- **Filters & purification tablets.**

Start Stocking Up

- **Freeze food & label.**
- **Buy long-life foods.**
- **Store clean water.**
- **Include hygiene water supply.**

Preserving & Cooking

- **Equipment & jars for preserving.**
- **Make pickles, jams, dried fruit.**
- **Learn preservation skills now.**

Grow Your Own

- **Pots, sprouting jars, balcony/rooftop setups.**
- **Herbs, sprouts, hardy vegetables.**
- **Builds resilience & reduces dependence.**

Education & Skills

- **Learn DIY skills.**
- **Run family or community workshops.**
- **Try alternative cooking methods.**

During Shortages

- **Ration food fairly.**
- **First-In, First-Out (rotate stock).**
- **Monitor expiry dates.**
- **Check for spoilage/pests.**

Community Matters

- **Build food-sharing networks.**
- **Support farmers' markets & community gardens.**
- **Hold community skill-sharing workshops.**
- **Rooftop gardening, urban food initiatives.**

Other Considerations

- **Develop community support networks - food sharing, delivery.**
- **Hold workshops to learn from each other in the community.**
- **Support local food systems.**
- **Store some MREs (Meals Ready-to-Eat emergency food).**
- **Don't broadcast that you have reserves.**
- **Consider discreet storage.**

Suggested 4-Week Supply (1–2 People)

- **Rice: 8–10 kg**
- **Pasta: 5–6 kg**
- **Oats: 3–4 kg**
- **Flour: 4–5 kg**
- **Crackers: 2–3 packs**

Proteins

- **Canned beans/lentils: 12–15 cans**
- **Canned fish/chicken: 12–16 cans**
- **Dried beans/lentils: 2–3 kg**
- **Peanut butter: 1–2 jars**
- **Powdered/UHT milk: 3–4 L**
- **Eggs (fresh/powdered)**
- **Nuts/seeds: 1–2 kg**

Vegetables & Fruit

- **Canned tomatoes: 8–10 cans**
- **Mixed veg: 10–12 cans**
- **Frozen veg: 4–6 kg**
- **Dried fruit: 1–2 kg**
- **Canned fruit: 8–10 cans**

Cooking Essentials

- **Oil: 2–3 L**
- **Sugar/honey: 2–3 kg**
- **Salt: 1 kg**
- **Stock cubes: 4–6 packs**
- **Spices & herbs**
- **Tea/coffee**

Comfort Foods

- **Chocolate, biscuits, muesli bars.**
- **Instant noodles/soups.**
- **Boosts morale during crises.**

Water & Drinks

- **60–80 L stored drinking water.**
- **2–3 L per person/day.**
- **Electrolyte sachets for hydration.**

Optional / Special Needs

- **Baby food, pet food.**
- **Gluten-free alternatives.**
- **Multivitamins.**

Summing up

- **Preparedness = Peace of Mind**
- **Store today, stress less tomorrow.**
- **Support your household & community.**



START TODAY!