A DISASTER SUPPLY KIT SHOPPING LIST FOR A FAMILY OF FOUR

This is a disaster supply kit shopping list you can take to the store and actually shop from. It's designed to keep your family self-sufficient for four days. The food will cost about a hundred dollars, but since you actually eat the items as part of your regular meals once a year, it really costs you little.

Mark each item with the year of purchase and store them in three small plastic covered totes, so you can lift them. Buy new food and batteries each year on your birthday; then use last year's disaster supply food for regular meals. You probably have many of the staples already. Just store them in the kit.

	DRY FOOD	
1	box	Saltine Crackers
5	Lb	Rice
2	Boxes	Granola Bars
1	can	Potato Sticks
1	box	Instant Oatmeal
1	bag	M&M's
2	cans	Pre-sweetened Kool-aid
2	boxes	Macaroni & Cheese
2	boxes	Cup-a-soup
1	box	Raisins
2	boxes	Jell-O
1	jar	Instant Coffee
1	box	Tea
1	box	Sugar
1	box	Powered Milk
2	jar	Creamer
	CANNED GOODS	
2	cans	Pork & Beans
2	cans	White potatoes
4	cans	Corn
2	cans	Green beans
3	cans	Condensed Soup
2	cans	Spaghetti & meatballs
2	cans	Ravioli
3	cans	Tuna fish
2	cans	Spagetti-O's
1	can	Chili
2	cans	Stew
1	can	Pears
1	can	Fruit cocktail
1	can	Pineapple
1	can	Peaches
1	can	Applesauce
2	cans	Evaporated Milk
	CAMPING SUPPLIES	
4	each	Sleeping Bag or blanket
4	each	Camping mattress
1	each	Lantern
1	each	Cook Kit or pots

	WATER	
3	2.5 Gal	Bottled Water
5	1 Gal	Milk Jug of Ice in Freezer
	STAPLES	
1	Box	Large Trash Bags
1	Box	Zip Lock Bags
1	each	Portable Radio
1	each	Can opener
50	each	Paper Plates
50	each	Hot Cups
50	each	Plastic spoons
1	box	Aluminum Foil
1	roll	Toilet paper
1	roll	Paper towels
1	roll	Masking tape
1	roll	Duct tape
1	box	Kitchen Matches
4	each	D Batteries
4	each	C Batteries
4	each	AA Batteries
2	each	Flashlights
1	bottle	Clorox Bleach
1	each	Medicine Dropper
1	each	Sterno Stove
1	each	First Aid Kit
1	Box	Sanitary Napkins
1	Envelope	$100.00 in $1 & $5's
	HOME REPAIR SUPPLIES	
4	each	4x8 Plywood
4	each	4x8 Plastic Tarps
200	each	10# & Roofing Nails
1	each	Hammer
4	pair	Work Gloves
	CLOTHING	
4	each	2 changes of Clothing
4	each	Toilet Kits
4	each	Towels
4	each	Rain Gear
4	each	Sturdy Footwear