

It is recommended that families have at least a two-week supply of water and food to prepare for a pandemic. Typically, you'll need one gallon of water per person, per day, for drinking and hygiene. Ideas for this include:

- Rice
- Dried beans, lentils, or peas
- Protein bars, granola bars, or fruit bars
- Canned soups, fruit, and vegetables
- Peanut butter and jelly
- Coffee, tea, and hot chocolate
- Powdered drink mixes
- Nuts and dried fruits
- Beef jerky
- Pasta
- Instant soup mixes
- Flour
- Baking essentials (such as baking soda, salt, and yeast)
- Sugar
- Pickled vegetables
- Dried milk
- Evaporated or condensed milk
- Trail mix
- Applesauce
- Comfort food (such as cookies, candy bars, and chocolate)
- Oils (such as olive oil, vegetable oil, and coconut oil)
- Crackers
- Oats
- Pancake mix
- Cereal (including hot cereals like Cream of Wheat)
- Chicken, beef, and vegetable bouillon cubes
- Liquid seasonings (such as soy sauce, vinegar, and Sriracha)
- Liquid sweeteners (such as honey, maple syrup, chocolate syrup, and agave syrup)
- Spices (such as salt, onion flakes, cinnamon, and ginger)
- Packaged foods (including macaroni and cheese and instant potatoes)
- Canned meats (such as tuna, sardines, oysters, chicken, turkey, pork, sausage, and Spam)
- Formula or baby food (for very young children)

You should also stock up on the supplies you'll need to stay healthy at home. These items include:

- Hand soap and sanitizer
- Bleach or other surface cleaners
- Toilet paper
- Kleenex
- Prescription medication
- Fluids with electrolytes (like Gatorade and Pedialyte)
- Garbage bags (for medical waste disposal)
- Plastic gloves
- Diapers (for very small children)