



## STOCK UP SHOPPING LIST to feed a family of 4 for 2 weeks

### Staples

- 5 lb. white flour
- 5 lb. whole wheat flour
- 5 lb. white rice
- 4.4 lb. corn flour
- 5 lb. corn meal
- 5 lb. spaghetti/elbows
- 5 lb. sugar
- 42 oz. box oatmeal
- 16 oz. box mashed potatoes
- 2 lb. bag popcorn

### Protein Foods

- 2 x 64 oz. box dried milk
- 5 x 1 lb. dried beans/lentils
- 1 lb. bag plain almonds/nuts
- 18 oz. peanut/almond butter
- 1 lb. sunflower seeds
- 1 lb. bag pumpkin seeds
- 2 x 6 oz. cans tuna
- 14.75 oz. can salmon
- 1 can ham or sausage
- 2 x 8 oz. Parmesan cheese

### Vitamin Foods

- 4 x 15 oz. cans pumpkin
- 4 x 14 oz. cans tomatoes
- 1 lb. dried fruit (raisins, etc.)

### Oils & Flavorings

- 48 oz. jar canola oil
- 24 oz. jar honey
- 2 x 12 oz. bags chocolate

- 2 jars jam/jelly/marmalade
- 16 oz. jar salsa
- 12 oz. bottle Tabasco sauce
- 15 oz. bottle tamari/soy sauce
- 3.3 oz. can beef bouillon
- 40 count tea (or can if coffee)
- yeast packets (if you make bread)
- Real lemon/lime juice
- salt
- vitamins for 14 days
- spices (buy in bulk)

### Extras

- 2 x 5 oz. cans chicken
- 2 x 12 oz. boxes tofu
- powdered eggs
- powdered cheese
- 1 lb. dried vegetable soup mix
- 17 oz. jar olive oil
- 6 cans condensed milk
- molasses
- maple syrup
- more dried fruit
- canned fruit & vegetables

### Do you need?

- Baby food/formula
- Pet food

### Personal/Household Items

- 6 rolls toilet paper
- 1 tube toothpaste
- 1 bottle shampoo
- 1 bottle dish soap
- alcohol-based hand sanitizer



## HOME CARE SHOPPING LIST

### Pandemic flu care giving supplies

- thermometer
- soap
- box of disposable gloves
- acetaminophen
- ibuprofen
- bleach
- alcohol-based hand sanitizer
- paper towels
- tissues
- surgical masks
- sugar, baking soda, salt, salt substitute, lemon juice or sugar-free Kool-Aid (for electrolyte drink)

Go to **healthvermont.gov**, then select *pandemic flu preparedness for more info and resources such as –*

- Family Health Information Sheet
- Emergency Contact List
- Home Care for Pandemic Flu (American Red Cross)

Go to **ready.gov**, then select *business ready for more info and resources on business planning for all hazards, including pandemic flu –*

- Continuity Planning Template