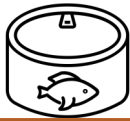


COVID-19: Preparing the Essentials

We recommend stocking your fridge, freezer, and pantry to keep everyone at home as well fed and healthy as possible. **A healthier you means a healthier immune system!** As much as your resources permit, **it is important to be prepared for the possibility that your entire household may need to spend a few weeks inside.**

We've provided a list of recommended / priority items, below.

For more info and recipe ideas, check out: <https://www.allrecipes.com/article/how-to-stock-emergency-pantry/>



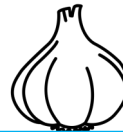
Pantry



- Canned Vegetables**
- Canned & Dried Fruits** – look for 100% juice and not syrup; no-sugar-added
- Dried or Canned Beans & Fish**
- Shelf-Stable Milk:** dairy or plant-based
- Whole grains** - cereal, rolled oats, quinoa, etc
- Rice and Pasta**
- Crackers, Crispbreads, Rice Cakes**
- Soups, Jarred Pasta Sauce, Stocks & Broths** – low sodium w/ lots of vegetables are best
- Nut Butters**
- Cooking Oil, Salt & Pepper, Other Spices, & Condiments**
- Healthy Snacks** - pretzels and popcorn; dark chocolate or fruit leathers
- Coffee/Tea**



Fridge & Freezer



- Fresh Root Vegetables** – carrots, yams, sweet potatoes, potatoes, squash, cabbage & have a long shelf life
- Apples and Citrus Fruits:** last a long time when refrigerated
- Eggs** – source of protein, and store very well
- Nuts** – easy snacks & boost of protein (store in fridge or freezer to extend life)
- Yogurt & Cottage Cheese:** great for breakfasts & snacks (good nutrition, long shelf life)
- Cheeses and Cured Meats** – protein for snacks and meals; hard and aged cheeses (e.g. Cheddar, Parmesan, & Swiss) & cured meats (ham, bacon, & salami have long shelf life)
- Frozen Vegetables and Fruits** - frozen fruit is great for snacks, smoothies, and baking
- Bread** – whole grains and multi-grains are best (freeze if you won't use within a couple days)
- Butter:** store in the freezer, take out as needed

Non-Food Essentials



- Medicines** – have a minimum two-week supply of any medications or supplements that you take regularly. Currently, pharmacies are re-filling prescriptions for 30 days without a doctors note.
- Basic Medications & Pain Relievers** – pain relievers, antihistamines, flu & cold relief medications , for other seasonal illness or allergies
- Young Children** – stock up on diapers, formula, and other supplies
- Hand soap, menstrual hygiene products, and other basic toiletries**

