No-cook pantry planning

Choose shelf-stable foods your household already eats and that can be eaten safely without cooking. Consider allergies, dietary needs, infants, pets, and access to drinking water.

Try this today. List the ready-to-eat food and water you already have.

- Start with ready-to-eat canned beans, vegetables, fruit or fish, nut or seed butter, crackers, and shelf-stable milk or alternatives.
- Include a manual can opener, utensils, and a way to clean hands. Check dates and rotate supplies into everyday meals.
- GEMA recommends at least three days of nonperishable food and one gallon of water per person per day for drinking and hygiene. Plan extra for individual needs and pets.
- Keep refrigerator and freezer doors closed during an outage. Follow food-safety guidance and do not taste food to check whether it is safe.

Our pantry plan

People / days to plan for

Water needed, plus extra needs

Foods and quantities

Dietary, infant or pet needs

Next date to check and rotate

GEMA · Build a Kit
American Red Cross · Food Safety During an Emergency