

Food when cooking is unavailable

SHOPPING LIST

Check what you already own. Adapt quantities to your household; these supplies are for preparation, not a reason to delay urgent action.

[] Ready-to-eat shelf-stable meals

Quantity needed: _____ Already have: _____

[] Manual can opener

Quantity needed: _____ Already have: _____

[] Safe drinking water

Quantity needed: _____ Already have: _____

[] Clean utensils

Quantity needed: _____ Already have: _____

[] Soap

Quantity needed: _____ Already have: _____

[] Food matching dietary needs

Quantity needed: _____ Already have: _____

Updated 2026-10-02 | Civilian educational guidance. Seek qualified help when reachable and safe; do not delay immediate protective action.

Full guide: <https://ospreyzero.com/guides/food-without-cooking/>

Food safety after power loss · official guidance