



Emergency Food & Water Planning Guide

Based on CDC, FEMA/Ready.gov, and USDA emergency-supply guidance

3 DAYS • 7 DAYS • 21 DAYS | 1 PERSON • 4 PEOPLE

IMPORTANT: Government agencies recommend nonperishable, easy-to-prepare food but DO NOT prescribe exact numbers of cans, jars, or boxes. Food package counts below are APPROXIMATE PLANNING QUANTITIES only, calculated to make the government food categories easier to shop for. Adjust for appetite, age, medical needs, dietary restrictions, brand/package size, and foods your household actually eats.

WATER - Government Quantity Guidance

3 days / 1	3 days / 4	7 days / 1	7 days / 4	21 days / 1	21 days / 4
3 gallons	12 gallons	7 gallons	28 gallons	21 gallons	84 gallons

CDC: store at least 1 gallon per person per day for 3 days; try to store a 2-week supply if possible. Store more for hot weather, illness, pregnancy, pets, or other increased needs.

FOOD - USDA-Recommended Types with Approximate Planning Quantities

FOOD TYPE	EXAMPLE UNIT	3 DAYS		7 DAYS		21 DAYS	
		1 PERSON	4 PEOPLE	1 PERSON	4 PEOPLE	1 PERSON	4 PEOPLE
Cereal / granola	18-oz box	~1	~2	~1	~4	~3	~10
Peanut butter	16-oz jar	~1	~2	~1	~4	~3	~11
Crackers	16-oz box	~1	~2	~1	~4	~3	~11
Canned meat / poultry / fish	5-oz can	~3	~12	~7	~28	~21	~84
Canned fruit	15-oz can	~2	~6	~4	~14	~11	~42
Canned vegetables	15-oz can	~2	~6	~4	~14	~11	~42
Nonfat dry milk	12-serving pkg	~1	~1	~1	~3	~2	~7
Small juice drinks	8-oz box	~3	~12	~7	~28	~21	~84

Also include as appropriate

Dried fruit • jelly • granola/protein bars • foods for special dietary needs • infant formula • pet food • manual can opener. Choose small cans/packages when possible to reduce leftovers that would require refrigeration.

Government baseline: FEMA/CDC recommend at least a 3-day supply of nonperishable food; CDC suggests considering about two weeks of food when feasible. USDA emphasizes shelf-stable foods and rotating the supply.

Official sources used: CDC, *How to Create an Emergency Water Supply* (June 27, 2025); CDC, *Gather Emergency Supplies*; USDA Food Safety and Inspection Service, *What foods should I keep in my house for emergencies?* (updated Jan. 3, 2025); Ready.gov emergency-kit guidance.

THE HAVEN PROJECT FOUNDATION

EDUCATIONAL & SAFETY DISCLAIMER

PLEASE READ BEFORE USING THIS EMERGENCY FOOD & WATER PLANNING GUIDE

Educational Purpose Only

This material is provided for general education and emergency-preparedness planning. It is not medical, nutritional, legal, food-safety, public-health, water-treatment, or other professional advice, and it does not replace individualized guidance from qualified professionals or government authorities.

Government Guidance vs. Approximate Package Counts

The food types and general preparedness principles in this handout are based on guidance from CDC, FEMA/Ready.gov, and USDA. Those agencies do not prescribe the exact number of cans, jars, boxes, or cartons shown in the planning table. Package counts marked with a tilde (~) are approximate calculations created by The Haven Project solely as a shopping/planning aid and are not government recommendations.

Needs and Products Vary

Calorie and fluid needs, dietary requirements, package sizes, preparation methods, age, pregnancy, activity, allergies, illness, medications, climate, and other circumstances vary. Infants, pets, older adults, pregnant or nursing individuals, and people with medical conditions may require additional or different supplies.

Use Current Official Instructions

Always follow current directions from local public-health officials, emergency-management authorities, water utilities, CDC, FEMA, EPA, FDA, USDA, and product manufacturers. During an emergency, official instructions concerning evacuation, contamination, boil-water notices, food safety, or water safety take priority over this handout.

No Testing, Certification, or Guarantee

The Haven Project Foundation, its directors, officers, employees, volunteers, presenters, affiliated churches, and contributors do not inspect, test, approve, certify, or guarantee the safety, nutritional adequacy, shelf life, suitability, or performance of any food, water source, container, equipment, method, or procedure listed in these materials.

Personal Responsibility and Assumption of Risk

Each user is responsible for evaluating current conditions, obtaining appropriate professional guidance, following official directions and product labels, rotating stored supplies, and deciding what is suitable for the household. To the fullest extent permitted by law, the user assumes risks arising from the use, misuse, storage, handling, preparation, treatment, or consumption of food or water described here. The Haven Project Foundation and the persons and organizations named above are not liable for resulting injury, illness, death, property damage, loss, or expense.

In an active emergency, follow current instructions from public officials and emergency services.