

Preparing for Unforeseeable

Let's get the task of preparing emergency food supplies underway!

- Be sure to always keep emergency food supplies comprising staples (carbohydrates) and main dishes (protein) to last at least three days and preferably a week.
- Utilities (electricity, gas and water) are likely to be cut off in a disaster, so it is better to keep water, fuel and cooking equipment (gas camping stove, etc.) available for around a week (21 liters of water, six gas cartridges), in supply.

Water

A liter of water per person per day is needed as drinking water. Together with water used for cooking and other purposes, it is better to plan for around three liters of water per person per day.



Gas camping stove

Fuel is needed to heat up food and cook simple meals. Do not forget to prepare gas cartridges, either.

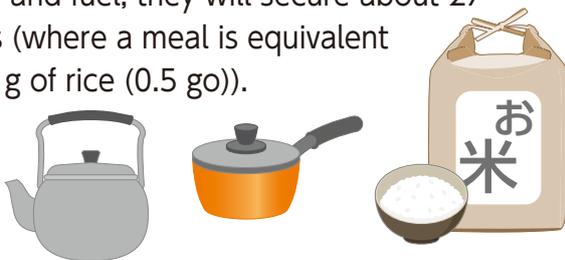


Rice

<Energy and Carbohydrates>

Your key emergency food supply!

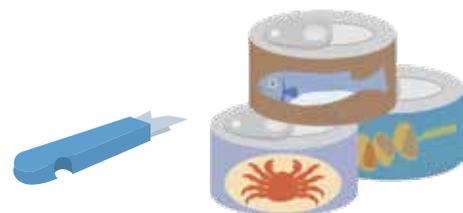
If you keep a two-kilogram bag of rice with water and fuel, they will secure about 27 meals (where a meal is equivalent to 75 g of rice (0.5 go)).



Canned goods

<Protein>

Canned goods consumable as-is without requiring cooking are recommended.



Rolling Stockpile

You can easily prepare emergency food supplies by introducing rolling stockpiles; a method to stock up with slightly more daily food products and restock those you consumed.

Step 1

Stock up with slightly more daily food products than usual (those with a longer shelf life)



Step 2

Prepare a checklist and consume the products based on their best-before dates.



Step 3

Restock cans you have consumed



Disasters

An example of emergency food prepared at home: for two adults for a week

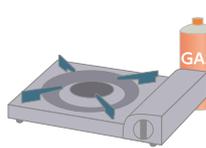
Necessities



Water

※Around three liters per person per day (for both drinking and cooking)

2 liters × 6 bottles × 4 cases



Gas camping stove Gas cartridge

※Around six cartridges per person per week

12 cartridges



Tea of your preference and soft drinks are also convenient items.

Staples (energy and carbohydrates)



Rice

※Restock another bag when consumed (around 75 g per person per meal)

2 kg × 2 bags



Cup noodles

6 items



Instant noodles (dried somen, udon, soba and pasta)

2 bags of somen (300 g/bag)

2 bags of pasta (600 g/bag)



Precooked rice pack

6 packs



As needed

Others (breakfast cereal, etc.)



(Long-life milk)

Main dishes (Protein)



Vacuum packed food product

18 products including precooked beef bowl, curry, etc.
6 packs of pasta sauce



Canned food

18 cans of your preference

Also important to keep are chocolates, biscuits and other confectionery.



Side dishes/others

As needed



•Vegetables that stay fresh for a longer time (onions, potatoes, etc.)



•Vegetable juice, fruit juice, etc.



•Umeboshi, seaweed, dried wakame seaweed, etc.



•Seasoning such as salt, sugar, soy bean sauce and noodle soup base



•Instant miso soups and soups

Choose emergency food to meet your family's needs

Prepare separately for food products consumable by seniors, infants, preschoolers, those with illnesses, persons requiring nursing care and those with food allergies.

Seniors, infants and preschoolers



*Rice gruel that is easy for seniors to eat



*Non-allergen powdered milk products

Those with kidney disease



*Low-protein rice for those with kidney disease

Those with food allergies



Free of **27** allergens

*A stew free of 27 specified ingredients