

AFTER **NORMAL**

TWO-WEEK PANTRY PACK

Build a rotating two-week supply of food and water
in 12 steady weeks, without waste or panic buying

**TWO WEEKS OF WATER AND FOOD, BOUGHT A LITTLE AT A TIME AND
USED BEFORE IT GOES STALE.**

For: For households that want a calm, budget-friendly food and water
supply, including homes with special diets, babies, older adults or pets.



KEEP THIS PAGE**THE ONE-PAGE SUMMARY: WHAT TO DO, IN ORDER**

- 1 Fill in Worksheet 1: count every person and pet, find each person's daily calories in the Quick Calorie Guide in Section 1, and write down your two-week targets.
 - 2 Set a weekly spending limit on Worksheet 5 that you can keep for 12 weeks. This is the only place you write it.
 - 3 Store water first: at least 1 gallon (about 4 liters) per person per day, which is 14 gallons (about 53 liters) per person for two weeks.
 - 4 Choose cool, dry, dark storage spots. Keep food off the floor and sealed against pests.
 - 5 Check that battery-powered or battery-backup carbon monoxide alarms work on every level of your home and outside each sleeping area, and pick an outdoor cooking spot. Never use a charcoal grill, camp stove, generator or any outdoor-only fuel burner indoors, in a garage or near windows.
 - 6 Buy a manual can opener, then build 3 days of food your household already eats, then 7 days, then 14.
 - 7 Fill in Worksheet 2 for allergies, special diets, babies, older adults and pets, and take your questions to your clinician, dietitian or veterinarian.
 - 8 Label every item with the month and year you bought it, and put the oldest food at the front.
 - 9 In week 10, ask your pharmacist and clinician about a two-week medicine supply and any medicine that must stay cold.
 - 10 Put an appliance thermometer in the fridge (40°F or below) and the freezer (0°F or below), and freeze containers of water.
 - 11 Test-cook outdoors, work out your fuel needs on Worksheet 7, and buy fuel for 14 days, a little at a time over weeks 9 to 11.
 - 12 In week 12, eat from the pantry for one full day with no cooking, then do a complete inventory on Worksheet 9.
 - 13 Do a 10-minute check every month. Replace water you filled yourself every 6 months, and sealed store-bought water by the date printed on it.
 - 14 In an outage, keep the doors shut, eat fridge food first, then freezer food, then shelf-stable food. When in doubt, throw it out.
 - 15 Numbers to remember. Water: 1 gallon per person per day, 14 gallons for two weeks. Food: daily calories x 14. Closed fridge: about 4 hours. Full freezer: about 48 hours (24 if half full). Any perishable food above 40°F for 2 hours: throw it away (1 hour if it is above 90°F outside). Water treatment: boil 1 minute (3 minutes above 5,000 feet), or use plain bleach from the table on Worksheet 3C and wait 30 minutes.
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PART 1**HOW MUCH IS ENOUGH**

This section turns "a two-week supply" into written numbers for your household: gallons of water, calories of food, pounds of dry staples, and the special lines for a baby, a pet or a medicine. Finish it and you will have a target to shop against.

WHY TWO WEEKS

Most people have heard of a 3-day kit. That is a good size for a go bag (a small bag you can grab if you must leave home). The American Red Cross lists two sizes for the same basics of water and easy-to-prepare food: a 3-day supply if you must evacuate, and a 2-week supply for staying at home.

You do not need to reach it in one trip. Washington suggests adding one can to each shopping trip, and Ready.gov suggests buying one extra item each time you shop. Washington also spreads its plan over a year, one step per month. In this guide you will build it over about 12 weeks, with no panic buying and no wasted money.

WHY THIS MATTERS

Oregon and Washington use the same goal. Both states ask households to get "2 weeks ready". So this guide uses two weeks as the finish line.

FREE SAMPLE

THAT WAS A TASTE

You have just read the opening of **Two-Week Pantry Pack**. The full guide has 9 parts, including:

- ☐ How Much Is Enough
- ☐ Choosing Foods You Will Actually Eat
- ☐ Water: Store It, Treat It, Rotate It
- ☐ Storage: Where and How to Keep It
- ☐ Budget and Avoiding Waste
- ☐ The 12-Week Build Plan
- ☐ Cooking and Eating Without Power
- ☐ Fridge and Freezer Food Safety
- ☐ Inventory and Rotation

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