

BEST FOOD TO STORE FOR EMERGENCIES



- **Dried and Canned Beans** (2 to 10-year shelf life)
- **Dried Fruits and Vegetables** (6 months to 1-year shelf life)
- **Canned Fish and Poultry** (5-year shelf life)
- **Canned Fruits and Vegetables** (2 to 5-year shelf life)
- **Canned Soup** (5-year shelf life)
- **Freeze-Dried Foods** (7 to 25-year shelf life)

Note:

Ensure that you also have enough water for your household to last at least three days (1 gallon/person per day).