PRINTABLE CHECKLIST

A three-day food supply that needs no cooking

Keep enough non-perishable food for three days that needs no cooking and no fridge, plus a manual tin opener. That is what the government's Be Ready campaign asks households to have. Plan it as nine meals per person from foods you already eat, such as tinned fish, beans, oatcakes, cereal, long-life milk and fruit.

- [ ] Nine no-cook meals per person
- [ ] Snacks and long-life drinks
- [ ] Manual tin opener, tested
- [ ] Baby formula and food if needed
- [ ] Three days of pet food
- [ ] Food for any special diets
- [ ] Date written on the box for the next check