



Emergency Food Kit Checklist

In times of crisis—such as the SNAP program shutdown—it's essential to be prepared. Devine Jamz Gospel Network encourages families to keep an emergency food kit on hand to provide for loved ones and neighbors in need. Below is a checklist of essential items to include in your Emergency Food Kit.

- Canned vegetables (corn, beans, carrots, peas, tomatoes, etc.)
- Canned fruits (peaches, pineapples, fruit cocktail, etc.)
- Canned meats (tuna, chicken, salmon, sardines, etc.)
- Peanut butter or other nut butters
- Crackers, rice, or instant potatoes
- Dried fruits and nuts
- Powdered milk or shelf-stable milk
- Granola bars or protein bars
- Instant oatmeal or cereal
- Bottled water (1 gallon per person per day for at least 3 days)
- Baby food and formula (if applicable)
- Pet food (if applicable)
- Manual can opener
- Plastic utensils, paper plates, and cups
- Basic condiments (salt, sugar, pepper, oil, etc.)

Remember: check expiration dates every six months and rotate your stock. If you're able, consider donating extra items to local food banks or community pantries to help others who may be struggling during this time.

Created by Devine Jamz Gospel Network — Inspiring Faith, Hope, and Community Outreach