Stock 14 for Covid-19

Prepare your household for a 2-Week (14 DAYS) food supply

These amounts are based on servings for a family of 4

**Fruits**: apple sauce, mandarin oranges, mangoes, peaches, pears, pineapple, or juice
- Total: 42–56 (16 oz.) cans
- Servings per day (serving): 3–4 per person
- Per serving: 1/2 cup (4 oz.) per person
- Choose canned in juice when possible

**Vegetables**: spinach, carrots, green beans, corn, tomatoes, potatoes, peas
- Total: 56–70 (16 oz.) cans
- Servings per day: 4–5 per person
- Per serving: 1/2 cup (4 oz.) per person
- Choose low-sodium when available

**Grains**: rice, quinoa, oats, bread, cereal, pasta, granola bars
- Double what you typically buy for 1 week
- Servings per day: 6–8 per person
- Per serving: 2–3 oz. per person
- Choose whole grains when possible

**Protein**: canned tuna, chicken, salmon; beans/lentils (canned/dry), nut butters, eggs, tofu
- Total: 28 (5 oz.) cans chicken or fish to provide 1 serving/day, 1 (28 oz.) jar nut butter, 14 (16 oz.) cans beans, 2 dozen eggs
- Serving per day: 3 per person
- Per serving: 3–4 oz. per person

**Dairy**: milk, cheese, yogurt
- Total (suggested): 2 gallons milk, 2 (32 oz.) containers yogurt, 56 oz. cheese, 1 gallon (128 oz.) shelf-stable milk
- Servings per day: 2–3 per person
- Per serving: 8 oz. milk, 6 oz. yogurt or 1 oz. cheese

**TIPS**
- Use fresh foods first, frozen foods second, then canned foods.
- Some produce may be stable at room temperature for several days (ex: apples, bananas, citrus fruits, potatoes, onions, squash).

Questions about coronavirus?
Contact Champaign-Urbana Public Health District

217-239-7877

coronavirus@c-uphd.org

www.c-uphd.org
C-UPHD’s Emergency COVID-19 Checklist

Should you become ill and need to stay home, what would you and your family need? Create a list for your household and stock up as you are able. Below are some suggestions.

Essentials

- 2-weeks worth of food
  - Include canned, frozen, and shelf stable foods
- Extra supply of prescription medication
- Extra contact lenses
- Non-prescription medication
  - Cold and cough medicine
  - Tylenol (Acetaminophen)
- Pet food
- Laundry detergent
- Hand soap
- Toilet paper
- Tissues/Kleenex
- Diapers and wipes
- Toothpaste
- Tampons and sanitary pads
- Disinfectant cleaning products

Some non-essentials to consider: board games, toys, books, or other fun things to keep your family occupied.