READY HOUSE: FOOD & PANTRY

QUICK REFERENCE • FRONT • CASCADIA READY RADIO

PLAN IN MEALS, NOT MATH

TIER	HOW LONG	HOW TO PLAN IT
Go-bag	3 days	9 meals + 3 snacks per person
Short-term pantry	2 weeks	One week of meals, bought twice
Medium-term	3 months	Your 2-week menu, about 6 times over
Long-term	1 year	A specialized project. Build the short tiers first.

3 meals a day plus a snack, per person. A 15-oz can of soup, chili or stew is about **one adult meal**. Plan more for teens, pregnancy, hard work and cold weather.

WRITE A MENU

- Write **3 days of meals your household actually eats**: canned chili, soup, tuna, peanut butter and crackers, oatmeal, shelf-stable milk, canned fruit.
- Buy exactly that. For 2 weeks, write a week and buy it twice.
- **Buy what you already eat.** Food nobody likes just sits until it expires.

ROTATE IT: FIRST IN, FIRST OUT

- **Write the date** on everything when it goes on the shelf.
- **Always take the oldest first.**
- One shelf, one system. A marker line on the lid is enough.
- Dry rice and beans need about **a quart of water per meal** to cook. Store extra water for them.

KEEP IT BALANCED

- **Protein:** canned meat or fish, beans, peanut butter
- **Fat:** shelf-stable oil, nuts
- **Carbs:** rice, pasta, oats
- **Fruit & vegetables**, canned, for vitamins

POWER OUT: THE FOOD CLOCK

4 h	24 h	48 h
Fridge, doors closed	Half-full freezer	Full freezer

- At or below **40°F**, or still icy, it's safe. **When in doubt, throw it out.**

From *The Ready House Bible* by Charlie Ramsey, Section 4

COOKING & FOOD SAFETY

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COOKING WITHOUT POWER

Anything that burns fuel: outdoors only, at least 20 feet from windows, doors and vents. Never indoors, in a garage, basement, crawlspace or shed. Open windows do not make it safe.

- **Charcoal: never indoors**, not in any amount.
- OK indoors with ventilation: **candle warmers, chafing dishes, fondue pots**, for warming only.
- Light your camp stove **once on a calm weekend**, not for the first time in an emergency.

COOK TO (FOOD THERMOMETER)	TEMP
Poultry	165°F
Ground meat	160°F
Whole beef, pork, lamb (+3 min rest)	145°F

FOOD RECALLS

- Check **FoodSafety.gov**, which lists FDA and USDA recalls in one place.
- Recalls cover specific **lot codes, dates and sizes**. Match all of them.
- Photograph the **UPC, lot code and date** before shelving long-term food.
- A match? **Don't taste it, don't donate it.**

SMALL THINGS THAT MATTER

- A **manual can opener** in the kitchen drawer, and one in the go-bag.
- A **fridge thermometer** takes the guessing out.
- Plan for **pets, babies and special diets** on the same shelf.

DO THIS NOW

before you need it

TONIGHT

Put a thermometer in the fridge and a manual can opener in the drawer.

THIS WEEKEND

Pull out the pantry, date everything, oldest to the front.

WHEN YOU'RE READY

Add two of something you already eat on every grocery trip, until you reach two weeks.

PANTRY CHECKLIST

- ☐ 3-day menu written
- ☐ 2 weeks of meals
- ☐ Manual can opener
- ☐ Fridge & freezer thermometers
- ☐ Food thermometer
- ☐ Camp stove + fuel (outdoors)
- ☐ Marker for dates
- ☐ Extra water for cooking
- ☐ Paper plates & utensils
- ☐ Pet food
- ☐ Baby formula if needed
- ☐ Comfort foods & snacks



Want the whole plan?

The Ready House Bible by Charlie Ramsey has the full plan, worksheets and checklists for every room of the house. Paperback and Kindle. General preparedness guidance. Always follow local officials and emergency managers.