



# Check sheet: Food Stockpile

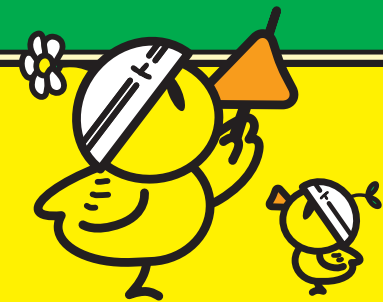
Create a list of what you usually eat and drink.

Types of food	Stockpile examples		Check the number of each item!			
	Amount for 1 day	Item examples	Items on hand	Amount	Amount needed (family members × 3 meals × 3 days)	Amount of shortfall
Drinks	About 3 liters	Water				
Carbohydrates	For 3 meals	Alpha rice (special rice for disaster use)				
		Prepared foods				
		Noodles				
Proteins	For 3 meals (1 serving per meal)	Retort-packed foods				
		Canned foods				
		Ready-to-eat foods				
Nutritional supply foods	As needed	Energy bars				
		Nutritional supplements				
		Juice				



Are you prepared for a disaster?

Advice on Emergency Stockpiles



### Tips for choosing stockpile foods

**It is important to stock products requiring no cooking!**

1. Non-perishable foods (lasting more than 6 months)
2. Easy to carry (packaged items)
3. No heat or boiled water required
4. Things you and your family are used to eating

Each person will need different amounts of food and stockpiling techniques. Use this check sheet to think with your family about what to stockpile and how many days to prepare for.



**Stock 9 meals per person (3 meals × 3 days). Rotate new items into your stockpile once or twice a month and pay attention to perishable food.**

See the "Tokusuru! Bosai" website for more information: ► <https://tokusuru-bosai.jp/>

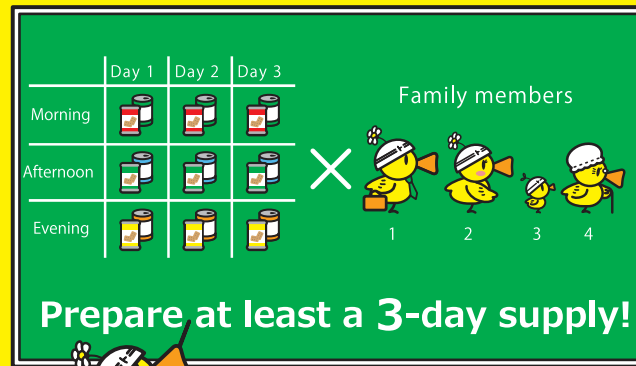
"Tokusuru! Bosai" is the disaster-preparedness education project promoted by the Japan Weather Association.



## How much do we need to stockpile?

When disaster happens, the first 72 hours are the key rescue window. During this period, the main focus is rescuing survivors. Supply of emergency items and food assistance begins 3 days after the disaster.

For survival, you need to prepare stockpiles for at least 3 days (up to a week\*) per person.



\*According to the Public Relations Office of the Government of Japan, after a Nankai Trough megaquake, possibly affecting a very wide area, stockpiles for more than 1 week may be needed.



## Recommended stockpile technique: The "Rolling Stockpile"

"Rolling Stockpile" is a technique for stockpiling enough food for your household. Rotating the items regularly keeps them fresh.

Rolling + Stockpile  
↓  
**Rolling Stockpile**



## What and how do we prepare?

It is useful to divide stockpiles according to whether they are for long-term use or items used on a daily basis, with expiry dates.



### ✓ Long-term stockpile

- Water bottles (water supply tanks, water supply bags)
- Alternate cooking implements (portable gas stoves, camp stoves)
- Sanitation and personal hygiene items (sanitation kits)
- Electronic devices (extra batteries, battery-powered radios)
- Any other useful emergency supplies (multi-purpose tools, flashlights, work gloves, etc.)

### ✓ Daily-use stockpile

- Foods (carbohydrates, proteins, nutritional supply foods)
- Medications/first aid kits (household medicine, nonprescription medications)
- Personal sanitation items (paper bags, plastic bags, moist towelettes)
- Daily items (batteries, lighters, etc.)



We don't know when a disaster will happen. Restock regularly and be prepared.

Make sure to eat older food first to keep your stockpile fresh.