

Emergency Food and Supplies List (as of 10th June 2023)

1) FOOD (NON-PERISHABLE ITEMS)

Check *best before dates* so items are okay for a few years, if possible, though most tinned food will keep beyond those dates.

- i) **TINNED FOOD** e.g., corned beef, ham/pork, sausages, tuna, salmon, beans/legumes, vegetables, fruits, soups, tinned ready meals such as stew, curries, chilli con carne, meatballs, vegetarian dishes, etc.
- ii) **DRIED FOOD** e.g., rice, pasta, oats, grains, pulses, nuts, dried fruit, dried milk, flour, dried herbs, salt, sugar, coffee, tea, etc.
N.B. place these foods in airtight containers, if possible, to prevent pests and rodents, etc. getting in (as some prophetic sources mention plagues of insects, etc.)
- iii) **OTHER NON-PERISHABLE** e.g., UHT milk cartons, oil, honey, vinegar, peanut butter, tomato puree, yeast extract, stock cubes, (beer, wine, spirits[medicinal use] such as vodka and brandy,) etc.

2) WATER

- i) Bottled water easy to store e.g., 1 or 2 litre bottles in size, enough for the size of your family to last at least several days.
- ii) If necessary, locate your nearest clean river to take water to filter and boil before use.

3) SOURCE OF LIGHT

- i) Candles with matches or lighters.
- ii) Battery torches, or windup torches (can be purchased online.)
- iii) Oil or kerosene lamps with their fuel supply.

4) FIRST AID/MEDICAL

- i) Any medicines you rely on, including any allergy tablets for possible allergic reactions e.g., Benadryl.
- ii) First Aid Kit with antiseptic cream, etc.
- iii) Vitamins for building immunity e.g., vitamin D, vitamin C, Zinc.

5) COOKING/HEAT

- i) BBQ (propane, charcoal) , camping stoves, wood stoves, etc.

You may need to hide and protect the above from thieves.

Ideally store enough to help others of good will as well as to possibly trade for other essential services.

Co-operation with those of shared faith to survive together is desirable.

The Family, or Community, that prays together stays together.

Once you have your supplies your priest will bless them remotely from Church.