

Recommended provisions

Drinks

9 litres of water per person
Fruit juice

Non-perishable foods (for one week)

Rice / pasta
Fats and oils
Tinned vegetables, fruit and mushrooms
Tomato sauce (glass jar or tetra pak)
Canned meat or fish
Packaged foods (in tins or sachets, such as stews or rösti)
Instant soup
Sugar, jams, honey
Stock cubes, salt, pepper
Coffee, tea, hot chocolate
Dried fruits
Biscuits or crackers
Chocolate
Condensed / UHT milk
Hard cheeses
Dried meat and sausages
Special foods (for babies or people with allergies etc)
Pet food

Everyday household items

Portable radio, torches and extra batteries
Candles, matches / lighter
Gas refills for lamps or a camping stove
Soap, toilet paper, toiletries

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Useful advice

Thanks to an effective distribution system, foodstuffs are delivered to their destination daily. But if roads become blocked, small towns can quickly run out of supplies. Nowadays, an interruption to supply services would not last months, but could easily last a few days. It is therefore recommended that all homes should stock a week's worth of emergency provisions.

Expecting the unexpected

It is a good idea to store emergency provisions so that any unexpected situation can be dealt with calmly (e.g. floods, avalanches, mudslides, hurricanes, heavy snowfall, illness). These provisions can also prove useful in other circumstances – for example, when surprise guests arrive, or shops shut unexpectedly.

Thirst is worse than hunger

Drinking water is available everywhere in Switzerland in practically unlimited quantities. We take it so much for granted that we never pause to consider what would happen if water suddenly stopped flowing from our taps. Yet a burst water main or groundwater contamination are not uncommon occurrences. Insufficient intake of fluids over three days can be life-threatening. It is therefore recommended that households have 9 litres of water per person in stock.



Precautions and common sense

It goes without saying that provisions should be foodstuffs that lend themselves to storage without being astronaut food. Provisions should consist of food items that are eaten on a regular basis and replaced regularly. They should not be tucked away in a basement and forgotten about! Provisions should therefore correspond to family preferences and eating habits. It is also sensible to stock food that can be eaten cold, and to take note of storage instructions (light, temperature, humidity) and expiry dates.

Does frozen food also count?

Yes. Even in the event of a power cut, food stored in the freezer can still be consumed. But it is important to remember never to refreeze food once it has been defrosted and that it should be consumed quickly.