

**You will need:**

Food flyers or newspaper ads

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## Lesson 6: Emergency Food Shelf

**Purpose:** To teach the importance of keeping a supply of non-perishable foods on hand.

**Instructor's Note:** An emergency shelf is a stock of food that keeps well without being in the refrigerator. For people who have trouble stretching their money from one payday to the next, it may be a good idea for them to keep an emergency shelf. This is also useful for people who are not always able to go to the store. Food that is used up from the emergency shelf should be replaced on the next shopping trip.

### Activity 1 - What is an Emergency Shelf

**Literacy Stage 1**

1. Talk about what an emergency shelf is.
2. Hand out [Resource Sheet 3.11: Emergency Shelf](#). Read the information together as a group. Discuss.
3. Ask learners if they have emergency shelf foods or if they think it is a good idea.
4. Ask learners to write down the foods they have that could be part of an emergency shelf.

### Activity 2 - Emergency Foods List

**Literacy Stage 2**

1. Ask learners what they think an emergency shelf is. Discuss their answers.
2. Split learners up into groups of two or three. Ask them to come up with a list of foods that would fit into an emergency food shelf.
3. Ask them to write down their list and present it to the class.

### Activity 3 - Emergency Shelf

**Literacy Stage 3**

1. Ask learners what they think an emergency shelf is. Discuss their answers.
2. Hand out food flyers or newspaper ads to learners. Ask them to find and list foods that would be appropriate for an emergency shelf.
3. Discuss learners' choices. Are they on sale? Would they usually purchase these items? What kind of meals could they make?



## Emergency Food Shelf

An emergency food shelf is a stock of food that keeps well without being in the refrigerator. It is important to keep a supply of non-perishable foods that can be combined to make a meal.

### Tips for your Emergency Food Shelf:

- Stock your emergency food shelf with foods that keep well and do not need to be stored in the refrigerator.
- Store dry foods in sealed or plastic containers. You can use clean coffee cans, ice cream and margarine containers. Label with the food name and date.
- Replace food you use from the emergency food shelf on your next shopping trip.
- Use all food on the emergency food shelf within a year of purchase. It is not safe to keep foods stored for longer time periods.

### Basic Supplies for an Emergency Food Shelf

Rice  
Pasta  
Oatmeal  
Skim milk powder  
Canned vegetables and fruit  
Canned soup  
Peanut butter  
Canned tuna  
Canned beans, peas or lentils

