What your food supply depends on

A month of food is only as useful as everything around it. This sheet is a place to think through each of those things for your own home — what you have, and where the gaps are. There are no right answers here, only your household's.

It depends on…	Questions worth asking	What we have	Gaps we've noticed
Water to drink, and to cook dry food	Where would water for drinking and cooking come from if the taps stopped? How much of our food needs water to prepare?		
MOST OFTEN MISSED **Cooking fuel** for a month, not a weekend	How many days of hot meals would our fuel really last? Have we ever tested it? Where is it stored, and is that safe?		
A way to cook without mains power	How would we cook with the power off? Where would we use it? Could we save fuel with one-pot or retained-heat cooking?		
Small tools that wear out or go missing	Do we have a manual tin opener — and a spare? Matches or lighters kept dry? Bin bags, washing-up supplies?		
Storage cool, dry, dark, pest-proof	Where is it kept? Is that spot warmer or damper than it feels? Is any of it near fuel or garden chemicals?		
Rotation oldest eaten first	How do we know what is oldest? Does new stock go behind old? Would anyone notice a damaged tin?		
The people it feeds everyone, for a month	Can everyone eat this food for a month — babies, older people, anyone with allergies or diet-related health needs, and pets?		

Carbon monoxide can kill. Camping stoves, barbecues, charcoal grills, patio heaters and generators can produce carbon monoxide — a gas you cannot see, smell or taste, which can kill within a short time in an enclosed space. Equipment designed for outdoor use should not be used indoors, in garages, in tents or in porches, even with a window open. A carbon monoxide alarm gives warning but does not make indoor use safe. Your national fire service or gas safety body publishes current guidance.

Who it feeds

Counting meals is an easy way to see the size of a month: roughly three meals a day for each person, though real needs vary a great deal with age, size, health and activity.

Person or pet	Food needs, dislikes or health needs to plan around	Meals a day (rough)

Where someone's health depends on what they eat, a registered dietitian, family doctor or specialist team can advise on what is suitable.

Where it's kept

Place	What's there	Last checked

If we lived off it for a weekend...

People who try living off their supply for a weekend usually find something they hadn't noticed. A place to note what turned up.

What worked

What we found missing

The question to keep asking

If this were all we had, would it still work on the night we need it?

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