

# PRINTABLE GLUTEN-FREE EMERGENCY KIT CHECKLIST

PRINT AND STORE WITH YOUR SUPPLIES

<input type="checkbox"/>	Two liters of drinking water per person/per day
<input type="checkbox"/>	Non-electric can opener, paper plates, utensils
<input type="checkbox"/>	Portable cooking source + fuel
<input type="checkbox"/>	Gluten-free food for 72 hours, sealed gluten-free snacks for shelter use
<input type="checkbox"/>	First aid kit
<input type="checkbox"/>	Prescription medications, list of medications and prescriptions
<input type="checkbox"/>	Emergency contact list: phone and email
<input type="checkbox"/>	Copies of essential family documents: IDs, insurance, etc.
<input type="checkbox"/>	Flashlight & batteries
<input type="checkbox"/>	Power bank, phone chargers
<input type="checkbox"/>	Cash (small bills)
<input type="checkbox"/>	Change of clothes for each family member & sturdy shoes
<input type="checkbox"/>	Hand-crank or battery-powered radio
<input type="checkbox"/>	Hammer, rope, tarp, space blankets, matches/lighter, candles

# GLUTEN-FREE EMERGENCY FOOD IDEAS

## Long Shelf Life (No Cooking Needed)

- Gluten-free crackers
- Canned beans, fruits, vegetables, fish, or meats
- Dried fruit
- Gluten-free granola or protein bars (check expiry dates)
- Nuts and seeds
- Peanut butter, soy butter, or sunflower seed butter
- Vacuum-packed jerky (gluten-free)
- Gluten-free cereal
- Applesauce cups or pouches
- Freeze-dried meals (read labels)
- Powdered or canned milk

## If You Have a Cooking Source

- Gluten-free pasta + shelf-stable pasta sauce
- Rice, quinoa, lentils, and other pulses
- Gluten-free soups (cans or boxes)
- Canned or frozen meats/fish

## Celiac-Specific Shelter & Cross-Contact Tips

- Bring your own sealed snacks to avoid relying on shelter meals.
- Store food in labeled, airtight containers.
- Use your own utensils, plates, and cutting boards.
- Keep disinfecting wipes to clean surfaces before preparing food.