

HOUSEHOLD PANTRY ASSESSMENT

A practical food resilience worksheet | Prepping Communities

Use this original worksheet alongside "Why You're Running Out of Food Faster Than You Think." Count only safe, edible food that your household can actually use. Estimates measure food energy, not guaranteed days of balanced meals.

Household / date: _____

Location of food stores: _____

1 | Daily household calorie needs

Enter a reasonable estimated daily calorie requirement for each person. The 2,000-calorie nutrition-label reference is not suitable for everyone; account for age, activity, pregnancy, and individual needs.

Household member	Estimated calories per day
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

TOTAL DAILY HOUSEHOLD CALORIES: _____

2 | Food inventory and available calories

Use the nutrition label: calories per serving × servings available = total calories. For bulk foods, use an appropriate reliable food database and edible net weight. Continue on another sheet if needed.

Food / package	Qty / servings	Calories per serving	Total calories
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

INVENTORY CALORIES (this page): _____

PANTRY ENERGY & PRACTICAL READINESS

Complete after inventorying all pantry locations.

3 | Calculate theoretical food duration

Add the calorie totals from all inventory sheets. Divide by the combined daily calorie needs calculated on page 1.

Total usable pantry calories: _____

Daily household calorie requirement: _____

DAYS OF FOOD ENERGY = total usable calories ÷ daily household calories

Estimated days of food energy: _____

Worked example: 132,000 pantry calories ÷ 4,400 household calories per day = 30 days of theoretical food energy. This does not establish 30 days of nutritionally complete meals.

4 | Check nutritional variety and meal usability

For each area, record what is actually available and what is missing. These prompts are not a substitute for individualized nutritional guidance.

Food / capability area	Available foods or supplies	Gaps / improvements needed
Protein-rich foods	_____	_____
Fruits and vegetables	_____	_____
Fats / essential fatty acids	_____	_____
Calcium / fortified foods	_____	_____
Variety and dietary restrictions	_____	_____
Seasonings and meal ingredients	_____	_____
Ready-to-eat / no-cook meals	_____	_____

5 | Can the household prepare the food?

Available cooking method without grid power: _____

Safe fuel supply / expected duration: _____

Manual can opener, utensils, cookware available? _____

Foods requiring extra cooking water or long cook times: _____

WATER, RISKS & ACTION PLAN

Turn the inventory into an achievable improvement plan.

6 | Emergency water planning

A basic starting reference is about 3.8 litres (one gallon) per person per day for drinking and sanitation. Additional water may be needed for cooking, hygiene, pets, heat, and medical needs.

People: _____ × 3.8 litres × **Planned days:** _____ = _____ litres (baseline)

Additional cooking / other needs: _____ litres **Total planned water:** _____ litres

Example: 4 people × 3.8 litres × 7 days = 106.4 litres baseline, before additional needs.

Water stored now: _____ litres Gap: _____ litres Safe refill / treatment plan: _____

7 | Test four household disruptions

Scenario	Can we manage?	Most important weakness
10 days without shopping	Yes / Partly / No	_____
Extended power outage	Yes / Partly / No	_____
Temporary loss of income	Yes / Partly / No	_____
Emergency longer than planned	Yes / Partly / No	_____

8 | Next practical improvements

Choose affordable improvements that address actual weaknesses. Prioritize water, usable meals, food safety, and dietary needs over simply increasing calorie totals.

Priority action	When / cost	Completed
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Next inventory review date: _____

Reminder: Food that is spoiled, unsafe, inaccessible, or unsuitable for household members should not count toward reliable emergency meals. Follow current food safety and tested home-preservation guidance.

Further reading: USDA FoodData Central (fdc.nal.usda.gov); Ready.gov water guidance (ready.gov/water); CDC emergency food safety (cdc.gov/food-safety).