

Home property

Surprising situations are easier to deal with when you have a home in your home. Home goods mean that a little more food and other daily necessities are purchased at home. Home supplies should be enough for several days, even weeks.

Home goods are food and goods in normal circulation that are replenished as they are used. This keeps the food fresh and the goods usable.

The lack of access to trade can be surprising for a number of reasons. A lonely person can get sick and not be able to shop or a family member will get sick. Society can be vulnerable; there will be a strike, traffic disruptions or a large power outage will disrupt everyday life. There may be an accident where the shops have to be closed or you cannot leave. A disruption of distribution can also prevent goods from being transported to stores or purchases from a store.

A storm can quickly mess up everyday safe routines. It can block traffic for a long time and cut off electricity for several days. Home storage secures the food of the week, but is there an alternative to electric heating and a battery-powered radio at home?



Each family has its own household assets

• consists of ordinary foods • can vary in content

• according to the food habits of the economy • contains e.g. containers

• for storing water, medicines, iodine tablets and household necessities such as personal medicines, toiletries, diapers, radio and batteries, and flashlight and batteries.

It is enough for a week - the home stock is used and replenished constantly

For example, a person's weekly household assets can be as follows:

Potatoes 0.5 kg, rice and pasta 0.5 kg, oil and fats 0.5 kg, sugar 0.5 kg, UHT milk 1 l and water.

In addition, beverages, water and delicacies 16 l + 1 kg, bread and cereals 1.5 kg, milk and milk products 1.3 kg, fruit and berries 1 kg, vegetables and roots 1.5 kg, meat, fish, chicken and eggs 1 kg.

Remember children, the elderly and the sick separately! Remember the water too!