Storing food early can make sure you and your family are prepared during a pandemic.

Once pandemic happens, health officials might encourage people to stay at home to prevent the virus from spreading and getting more people sick. A pandemic wave can last from a couple of weeks to as long as 12 weeks. During this time, stores may not be open and you may be staying in your home. The best way to prepare for when this happens is to plan early.

For about $100 total, you can have food in your pantry for 10 days worth of meals for a family of four. That is about $10 a day to last you for 10 days of not being able to leave your home during a pandemic.