



Preparedness for food shortages

Food is the basis of our existence and plays a vital role in our social interaction. In Sweden we have plenty of food, however if there is a long-term power cut or import stop as a result of war or some other crisis, a shortage of certain foodstuffs may develop. So having enough food in the cupboard for an extra week is a good thing.

Photo: Melker Dahlstrand, MSB

Vulnerable production and delivery chains

Before the food ends up on our plates, many different steps and actors are involved. Everyone is interdependent. We must also rely on imports and transport, commercial fertiliser, diesel, packaging and much more. In addition, various technical systems must work properly. If one link in this long chain fails, problems can occur.

Climate change affects food production globally. Drought, flooding and pests mean that crop failure has become more common. Prices are rising and there may be shortages of certain goods. The same applies if an export country is hit by a crisis or war.

Changed eating habits

Crises and wars mean that we have to cut back on certain demands and change our eating habits. In the event of disruptions in food supply, we will not be able to eat the variety of foods we are used to. For example, the availability of fresh goods may decline. Also, grocery stores may only open at certain times and you may have to queue to buy certain goods.

Food for a week

Everyone who can needs to have food at home to get by for a week without having to shop. For your food preparedness, buy food that can be stored at room temperature, that can be prepared quickly and requires little or no water to cook. Start from what you usually eat, so you will eat the food regularly and avoid having to throw anything away. You also need to think about eating enough energy-rich food to feel physically well.

Tip!

In the brochure entitled **If crisis or war comes**, read more about how different social crises may affect your everyday life and what you can consider and do in order to be better prepared.

This brochure can be ordered in Swedish. It is available in several different languages in digital format and in easy-to-read Swedish. The information is also available in Swedish and English, in sign language and in Braille. Scan the QR code to go to the brochure in English.



Store food properly

In the event of a long-term power cut, it is important to store food properly, otherwise you may become ill even if you boil or fry the food. Start by eating what's in the fridge before it goes bad. Even if the power is cut, the freezer will stay cold enough for a couple of days. If it is cold outside, store food (well protected) outdoors. Contribute to reduced food waste through proper storage so it will not have to be thrown away.

Cook together

A primus stove is good for easier cooking. Barbequing outdoors may also be an option. Invite your neighbours and cook together. Socialising with others is especially important during crises and cooking is good way to gather people together.

Sweden's food preparedness

Since the beginning of the 2000s, Sweden has had no emergency stocks of food. Food supply has been so good and national security threats so few that maintaining large-scale government stocks was not considered necessary.

However, the outside world and the threat situations have changed and the Government has decided that Sweden must establish preparedness so that there will be food in the event of extensive crises or war. For this to work, all society actors involved must work on their preparedness. Sweden also cooperates with other countries so that we can help each other if anything should happen. You can play your part by keeping an extra supply of food at home.

Building up Sweden's food security will take several years. This does not mean that we are completely unprepared. Through cooperation with e.g. foodstuffs companies, our neighbouring countries and the EU, Sweden works to ensure that the entire food chain functions. The Swedish Food Agency is the responsible government agency in this work.

Checklist for food in times of crisis and war

- potatoes, cabbage, carrots, eggs
- bread with a long shelf life, for example tortilla, crispbread, water biscuits, crisp rolls
- soft cheese, primost and other toppings in tubes
- oat milk, soy milk, dry milk powder
- cooking oil, cheese
- instant pasta, rice, semolina, mashed potato powder
- pre-cooked lentils, beans, vegetables, canned hummus
- crushed tomatoes to cook pasta in (for example)
- cans of minced meat sauce, mackerel, sardines, ravioli, salmon, meat stew, soups
- fruit cream, jam, marmalade
- ready-made blueberry and rosehip soup, juice or other drink that keeps at room temperature
- coffee, tea, chocolate, energy bars, honey, almonds, nuts, nut butter, seeds.

Learn more:

livsmedelsverket.se/matforrad

livsmedelsverket.se/livsmedelsberedskap

msb.se/egenberedskap

Tip!

Adapt your food preparedness according to your eating habits and needs, for example if you need a special diet or have a food allergy. Also think about extra baby food and food for pets. Use up the extra items you buy and replenish later, instead of having a store of food that is not used so that you achieve a natural turnover of goods and avoid having to throw food away.

Tip!

When the availability of food is limited, as well as the ability to prepare it, it is important that what you eat provides enough energy to get through everyday life that could be demanding so it is good to keep a supply of, for example, nuts, seeds, dried fruit, quick pasta and oatmeal as these are energy-rich foods.

Swedish Food Agency responsibilities

From 1 October 2022, the Swedish Food Agency is the sector government agency responsible for Sweden's food preparedness. In order to ensure that everyone has access to food, even in times of crisis and war, the Swedish Food Agency cooperates with other authorities and with the food industry.



Myndigheten för
samhällsskydd
och beredskap



Livsmedelsverket