

Good advice – Emergency supplies

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National Economic Supply NES

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Federal Department of Economic Affairs
Education and Research EAER

National Economic Supply

Basis for calculating emergency supplies

The Federal Office for National Economic Supply has created the emergency supply calculator to simplify the purchase of emergency supplies. The aim is to ensure that more households have an adequate stock of emergency supplies.

The list of emergency supplies calculated is intended as a recommendation. The range of products and suggested quantities serve as a guide and can be adapted to individual preferences.

This document also provides further information on the calculations along with a sample calculation.

Basis for calculation

- Min. number of days: 3
- Max. number of days: 14
- Max. number of adults: 9
- Max. number of children: 9
- Largest possible household: 18 persons
- Quantities are based on values for adults. A factor of 0.67 is used for children up to the age of 12.

Information on calculating food quantities

Packaging and portion sizes were taken into account to calculate the recommended food quantities. The usual packaging sizes found in Swiss supermarkets were used when calculating the recommended number of packs.

Examples:

- Cereals: pasta 500g pack
- Vegetables: tins 200–280g
- Sauces (average of different sauces and packaging sizes): Pesto 120–200g, Ketchup 500g

The portion sizes per person and day were largely based on data from MenuCH (Food consumption in Switzerland, September 2024) where available. These figures correspond to the average consumption per person per day in Switzerland.

Examples:

- Cereals: pasta (64.1g), rice (29.5g), couscous or quinoa (28g), breakfast cereals (10.4g), potato products (51g), bread-like products (not fresh bread, 3.6g); total: 187g
- Nuts: 10.5g

The average energy intake per person per day in Switzerland is 2,232 kcal (Food consumption in Switzerland, September 2024). The calculations for the stock of emergency supplies are based on this average. Adjustments may be necessary to take account of individual requirements and different situations.

The recommended quantity of water is 3 litres per person per day in plastic bottles. It should be noted that water is not only needed for drinking, but also for cooking.

Sample calculation

A popular cereal product (spaghetti) was used for the sample calculation:

- The usual pack size of spaghetti is 500g.
- The portion size per person per day is 187g.
- Number of packs that should be stocked for one person and one day: 187g / 500g = 0.4 packs per person per day

When rounded up to a whole number, this corresponds to **one pack of spaghetti for one to two persons for one day**.

Note on indications about other consumable items

Hygiene articles and 'other' consumable items are defined by the maximum number of days and by person. The indications are time neutral and not subject to change.
Example: It is recommended that 50 hygiene masks are stocked for each person, regardless of whether an emergency supply of 3 or 14 days is selected.

Note on information about medical goods

Tolerances, preferences and experiences with medical goods vary from person to person. For this reason, the tool offers recommendations, but makes no calculations.

The number of hand sanitiser packs was calculated based on a pack size of 100ml.

Note on indications about utility articles

Indications regarding quantities of utility articles are based on the maximum number of days and maximum number of persons. The indications are time neutral and not subject to change.

Further information

For further information on national economic supply (NES): FONES.

For more information on preparedness and what to do in the event of disasters and emergencies in Switzerland, please visit Alert Swiss: ALERTSWISS.