



## MONTHLY PREPAREDNESS TOPIC

### HOW TO PREPARE:

#### Keep Foods That:

- Have a long storage life.
- Require little or no cooking, water, and refrigeration.
- Meet specific food needs for your family.
- Are not salty or spicy. (will lead to higher water consumption rate.)

#### Storage Tips:

- Keep food in a dry, cool spot.
- Wrap perishable food in plastic and keep in sealed containers.
- Empty packages into air-tight containers for pest protection.
- Write the expiration date on all items, and replace when needed.
- Store a can opener and bottle opener, and get rid of swollen, dented, and corroded cans.

#### Calorie Intake:

- Go by Calories, not serving size.
- People with average activity level need:
  - Males – 2,800+ Calories
  - Females – 2,200+ Calories
  - Children < 13 – 1,440 Calories

# FOOD IN EMERGENCIES

## SAFE FOOD PRACTICES

### USE WITHIN 6 MONTHS

- Powdered Milk (boxed)
- Dried Fruit
- Dry crackers
- Potatoes

### USE WITHIN 1 YEAR OR BEFORE LABEL DATE

- Canned condensed soups, fruits, fruit juices, meats, and vegetables
- Nut Butters and Jelly
- Canned dry nuts
- Hard Candy
- Vitamins
- Dry cereals and uncooked instant cereals

### MAY BE STORED INDEFINITELY IN PROPER CONTAINERS

- Powdered milk (canned)
- Wheat
- Vegetable Oils
- Dried Corn, pastas, and rice
- Baking Powder
- Soybeans
- Salt
- Noncarbonated soft drinks
- Bouillon products
- Instant coffee, tea, and cocoa

### HOW TO COOK:

- For emergency indoor cooking, you can use a built-in fireplace (check the chimney first for obstructions or damage!)
- A charcoal grill or gas stove should only be used outdoors.
- Canned food can be eaten straight out of the can. If you heat it in the can, remove the lid and the label first!

### IF ELECTRICITY GOES OUT:

1. Use all perishable items from the refrigerator, pantry, garden, etc.
2. Use foods from the freezer.
3. Begin to use non-perishable foods and staples.

Keep hands clean using antibacterial gel or wipes to avoid getting sick!



Inspect all foods, especially cans, for signs of damage or spoilage before eating.



Purchase 1 or 2 extra items every time you go to the grocery store to create a stockpile.

### TIPS!

