### HOW TO PREPARE:
- If a disaster strikes, you might not have access to food, water, electricity for days or even weeks. Having a stored supply of food will help sustain you and your family.
- Prepare in advance! Grocery stores may not be operational during a largescale emergency.
- Store emergency food and water in a cool, dry place away from pests.
- A 2 weeks supply of food and water is recommended.

### CALORIE NEEDS
- In general, active people need:
  - Males: up to 2,800 calories
  - Females: up to 2,200 calories

### TIPS!
- Consider keeping a variety of these items to prepare for a variety of potential situations!
- Depending on foods chosen, keep in mind preparation containers and can openers.
- Remember, in addition to food, you will need 1 gallon of water per day per person.

## FOOD IN EMERGENCIES

<table>
<thead>
<tr>
<th>PROS</th>
<th>CONS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>FREEZE DRIED FOODS</strong></td>
<td><strong>DEHYDRATED FOODS</strong></td>
</tr>
</tbody>
</table>
| - Long shelf life (up to 25 years)  
  - Lightweight and low moisture  
  - Best way to dry meat products  
  - Tastes better than dehydrated  
  - Requires no refrigeration  
  - Retains most nutritional value | - Very little waste  
  - Lightweight  
  - Long shelf life  
  - Not easily spoiled  
  - Inexpensive if done at home | - Convenient to use  
  - Familiar foods available  
  - Requires no water to prepare  
  - No mixing or blending required  
  - Can be easily heated  
  - Safe to eat as is | - Wide variety of choices  
  - Secure packaging  
  - Easily available  
  - Least expensive  
  - Moderate shelf life (3 years) |
| **CONS** | **PROS** |
| - Most expensive option  
  - Most items require water  
  - Bulkier than dehydrated items  
  - If purchased in Mylar pouches, they’re susceptible to puncture | - Requires water to prepare  
  - Reconstituted items lose taste  
  - Some items take a long time to reconstitute  
  - Dehydration process can affect the nutritional value of items | - Relatively expensive  
  - Taste considered poor by some  
  - Not for long-term consumption  
  - Artificial Additives used  
  - No options for allergies  
  - Pouch susceptible to puncture | - Heavier than other options  
  - Difficulty in freezing conditions  
  - Lots of preservatives and salt  
  - Not practical for traveling  
  - Humidity can cause rusting  
  - Requires more storage space |