M O N T H L Y  P R E P A R E D N E S S  T O P I C

FOOD OPTIONS

If a disaster strikes your community, you might not have access to food, water, and electricity for days or even weeks. Having a stored supply of food and knowing your food options will help sustain you and your family during an emergency.

**Freeze Dried Foods**

**Pros**
- Long shelf life
- Retains most nutritional value
- Lightweight and low moisture

**Cons**
- Most expensive options
- Requires water
- Bulky

**Dehydrated Foods**

**Pros**
- Very little waste
- Long shelf life
- Not easily spoiled

**Cons**
- Requires water
- Items lose taste and nutritional value
- May take a long time to reconstitute

**Ready-To-Eat Meals**

**Pros**
- Convenient to use
- Familiar foods available
- Can be easily heated

**Cons**
- Relatively expensive
- Not for long term consumption
- Artificial additives used

**Canned Foods**

**Pros**
- Wide variety of choices
- Secure packaging
- Least expensive

**Cons**
- Heavier than other options
- Added preservatives and salts
- Not practical for traveling
- May require a can opener

**Tips**
- Consider keeping an assortment of these items to prepare for a variety of potential emergencies.
- Depending on the foods chosen, keep in mind preparation methods and tools.
- Remember, in addition to food, you will need 1 gallon of water per day per person.

For more information please visit Ready.gov