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.

- Consider keeping an assortment of food options to prepare for a variety of potential emergencies
  - No power and or gas (what is my heat source?)
  - No city water (Dehydrated/ Freeze dried foods need water)
  - Inaccessible roads (no re-supply)

- Depending on the foods chosen, keep in mind preparation methods and tools
  - BBQ Grill, Rocket stove, Solar Oven, etc.
  - Can opener, Camp cookware

- Nutritional value. Your disaster menu should include meals that provide for sufficient calories per meal and per day. Budget around 2000 calories/day for women and around 2400 calories/day for men.

- Remember, in addition to food, you will need 1 gallon of water per day per person

### FOOD OPTIONS

**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

**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

**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

**Freeze Dried Foods**

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

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

https://emergency.oregonstate.edu/emergency-preparedness/preparedness-topics  
https://www.ready.gov/food  
https://www.foodsafety.gov/