MONTHLY PREPAREDNESS TOPIC

FOOD

If an earthquake, winter storm, or other disaster strikes your community, you might not have access to food, water, and electricity for days or even weeks. By taking time now to store emergency food supplies, you can provide for your entire family. People can survive for long periods of time without food. However, going days without eating can cause nutrient deficiencies and unpleasant and dangerous side effects.

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.

Safe Food Practices

Use within 6 months
- Dried fruit
- Powdered milk (boxed)
- Dry crackers
- Potatoes

Use within 1 year or before label date
- Canned soups, fruits, meats, vegetables
- Nut butters and jelly
- Canned dry nuts
- Dry cereal

May be stored indefinitely
- Dried pasta and rice
- 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 the 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.

Tips

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

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

For more information please visit Ready.gov