**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**
- 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
- Vegetable Oils

**MAY BE STORED INDEFINITELY IN PROPER CONTAINERS**
- Powdered milk (canned)
- Wheat
- Dried Corn, pastas, and rice
- Baking Powder
- Soybeans
- Salt
- Noncarbonated soft drinks
- Bouillon products
- Instant coffee, tea, and cocoa

**TIPS!**
- 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.