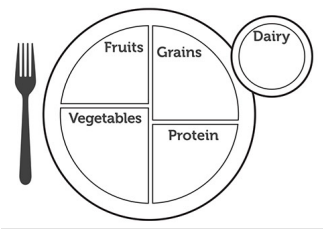
MONTHLY PREPAREDNESS GUIDEPOST

FOOD

Oregon State University

- When disaster occurs, there may be power outages that last several days
- Stock canned food and dry mixes that won't require refrigeration, cooking, or water
- Around 2,500 calories/day/person or as much as you can store

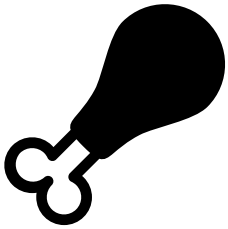
Suggested Emergency Food Supply

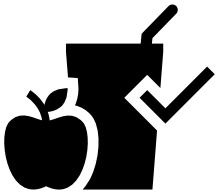


- Canned meats, fruits, and vegetables
- Protein bars
- Dry cereal or granola
- Peanut butter
- Dried fruit
- High-energy foods
- Food for infants
- Food for pets
- Canned Juices

Food Without Power

- A refrigerator can keep food cold for 4 hours if unopened
- Refrigerated/frozen foods need to be kept below 40 degrees Fahrenheit
- Discard perishable foods like meat, poultry, fish, eggs, that were above 40 degrees Fahrenheit for 2+ hours





Food Do's

- Keep food in covered containers
- Toss food that has an unusual odor, color, or texture

Food Don'ts

- Eat food from cans that are swollen, dented, or corroded
- Let garbage accumulate inside, for fire and sanitation reasons

For more information on food visit:

https://emergency.oregonstate.edu/emergency-preparedness/preparedness-topics

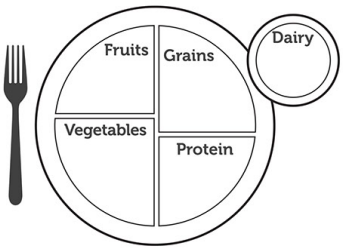
https://haz.guide/40 https://www.ready.gov/food

GUÍA DE PREPARACIÓN MENSUAL

COMIDA

Oregon State University

- Cuando ocurre una catástrofe, puede haber cortes de energía que duren varios días
- Almacene comida enlatada y mezclas secas que no necesiten refrigeración, cocción ni agua
- Aproximadamente 2,500 calorías/día/persona o tanto como pueda almacenar

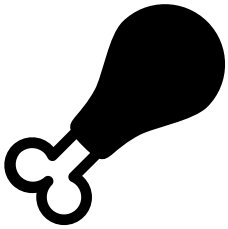


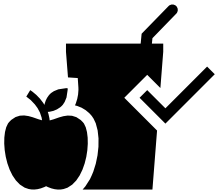
Suministro de comida de emergencia sugerido

- Carne, frutas y vegetales enlatados
- Barritas de proteína
- Cereales secos o granola
- Mantequilla de maní
- Fruta deshidratada
- Comida de alto contenido energético
- Comida para bebés
- Comida para mascotas
- Jugos enlatados

Comida sin energía

- Una refrigeradora puede mantener la comida fría durante 4 horas si no se abre
- La comida refrigerada/congelada se deben mantener abajo de los 40 grados Fahrenheit
- Descarte la comida perecedera como carne, aves de corral, pescado, huevos, que estuvieron arriba de 40 grados Fahrenheit durante más de 2 horas





Qué hacer con la comida

- Guarde la comida en recipientes tapados
- Tire la comida que tenga un olor, color o textura inusuales

Qué no hacer con la comida

- No coma comida de latas infladas, abolladas o corroídas
- No deje que la basura se acumule en el interior, por motivos de incendio e higiene

Para obtener más información de comida, visite:

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https://haz.guide/40 https://www.ready.gov/food