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.

Keep Foods That:
• Have a long storage life
• Require little or no cooking, water, and refrigeration
• Meet specific food needs for your family

Storage Tips:
• Keep food in a dry, cool spot
• Empty packages into air-tight containers for pest protection
• Write the expiration date on all items, and replace when needed
• Dispose of swollen, dented, and corroded cans

IMPORTANT COOKING PROTOCOLS

• 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...
• First use all perishable items from the refrigerator, pantry, garden, etc.
• Then use foods from the freezer
• And finally begin to use non-perishable foods and staples

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