

Emergency Food and Water Supply

Don't Get Caught Unprepared

Plan It, Do It, Share It, Post It

If a winter storm, earthquake, hurricane, serious health epidemic, 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 provide for your family, you may avoid a crises situation later.



Store water in clean, safe, *food-grade* 5 gallon plastic jugs. Also keep empties to fill when notified of crises.

Don't wait! Grocery store shelves may be empty in crises.

2 weeks supply of food; yes, packaged food will do for emergency purposes.

Keeping your shelves full of enough canned goods, dry mixes, and other staples to last 2 weeks is a smart idea. Foods that require no refrigeration, special preparation, or cooking are best because there may be no electricity, water, gas, or heat. Keep a manual can opener close to your goods for easy access. Be sure to read labels and try to buy healthier varieties of non-perishable goods that your family uses. Always practice first-in, first-out. (check expiration dates).

In an emergency, use perishables from your refrigerator first. If items in your freezer still have ice crystals, they are still safe to use. You may be able to cook some foods using fireplaces, charcoal or gas grills, camp stoves and even candle warmers.

Emergency Water Supplies– Clean water is crucial during emergencies for drinking and food preparation. Additional water for personal hygiene is important. Date & store in a cool dry place. Replace every 6 months unless water is commercially bottled. (**Food-grade** plastic is better than glass which is heavy and breakable).

Hidden Water Sources in the Home– Hot water tank, pipes, and ice cubes. Don't use water from toilets, radiators, waterbeds, pools or spas. Know where the main water valve is, and shut it off to avoid contamination if you hear reports of broken water or sewage lines. To get water from your pipes, let air in at the highest level faucet by turning it on full force, then collect water from your lowest level faucet.

Nutrition Tips– During a disaster it is vital that you maintain your strength. Do the following:

- Eat at least one well-balanced meal each day
- Drink enough fluid for proper body function (two quarts/day is recommended)
- Don't eat salty foods if water supply is limited
- Take in enough calories to enable performance
- Include multi-vitamins and protein supplements in your stockpile for adequate nutrition

More information on preparing your disaster kit, treating water for safe consumption, and shelf-life of recommended foods for storage can be found at www.fema.gov or www.ready.gov