

# Plan for the Best Prepare for the Worst!



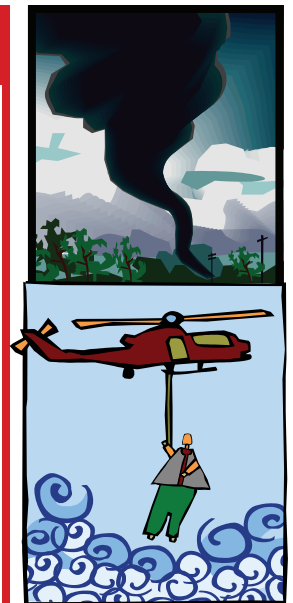
**No one expects disaster at their doorstep.** If we did we'd be in a state of perpetual panic. That's why it's smart to prepare a kit, make a plan and stay informed, then go about your business of living, with peace of mind. The topic addressed in today's newsletter will cover the basics necessary for hydration and nutrition, but check out the ready.gov link for a reliable source for emergency preparedness.

**Store at least a three-day supply** of non-perishable food. Select foods that require no refrigeration, preparation or cooking and little or no water. Pack a manual can opener and eating utensils. Avoid salty foods, as they will make you thirsty. Choose foods your family will enjoy eating.

[Click here](#) for emergency water storage

## Suggested Foods to Include in Emergency Kit

- Protein or fruit bars
- Peanut butter
- Nuts
- Canned juices
- Vitamins
- Canned tuna, salmon, chicken or turkey
- Lower-sodium canned beans, vegetables, and ready-to-eat soups
- MRE's (meals ready to eat) designed for the military with long shelf-life
- Dry cereal or granola
- Dried fruit
- Whole-grain crackers
- Canned fruits packed without added sugars
- Non-perishable pasteurized milk



**If there's a power outage**, eat food in the refrigerator first, the freezer next, and finally from your stored supplies. In a well-filled, well-insulated freezer, foods will usually still have ice crystals in their centers (meaning foods are safe to eat) for at least two days.

**Remember to check** expiration dates and rotate supplies on a regular basis (at least every 6 months). If you use foods that your family enjoys on a regular basis, it's easy to use and replace the soon-to-expire items. Rotation is especially important for bottled water safety.

**For emergency cooking**, you can use a fireplace, charcoal grill or camp stove outdoors. Use only approved devices—like candle warmers, chafing dishes, and fondue pots—for warming food. If you heat food in its can, be sure to open it and remove the label before heating.

**During and after a disaster**, eat at least one well-balanced meal each day, more if you are working hard. Unlike water, food may be rationed safely, except for children and pregnant women. If activity is reduced, healthy adults can survive on 1/2 their usual food intake for an extended period.