

Building an Emergency Food Supply

When preparing for an emergency, build up a supply of both food and water. Be sure to purchase foods that:

- Have a long storage life.
- Require little or no cooking, water or refrigeration in case utilities are disrupted.
- Meet the needs of infants or other family members on special diets.
- Meet your pets' needs.



Suggested Emergency Foods

- Ready-to-eat canned meats, fish, beans, soups, fruits and vegetables (don't forget the can opener!)
- Granola/protein bars
- Dry, ready-to-eat cereals and granola
- Crackers
- Jerky
- Nut butter
- Dried fruit, nuts, trail mix
- Shelf-stable boxes of juice and milk
- Food for infants
- Comfort/stress foods (candy, cookies, coffee, tea)

Plan for extra water to prepare:

- Instant oatmeal
- Dry milk
- Powdered drink mixes
- Instant pudding
- Instant rice and potatoes

Food Safety and Sanitation

- Store items in a cool, dry place and on high shelves to protect them from minor household flooding.
- Keep food in airtight and waterproof containers.
- Keep cooking and eating utensils clean.
- Throw away any food that has come into contact with contaminated flood water.
- Throw away any food that has an unusual odor, color or texture.
- Discard items that are rusty, leaking, bulging, badly dented or have broken seals.
- Clean and sanitize any canned items that have come into contact with floodwater before using.
- Use ready-to-feed formula. If you must mix infant formula, use bottled water or boiled water as a last resort.

If the Power Goes Out

- FIRST, use perishable food and foods from the refrigerator.
- THEN, use foods from the freezer.
 - To minimize the number of times you open the freezer door, post a list of freezer contents on it.
 - In a well-filled, well-insulated freezer, foods will usually still have ice crystals in their centers. Only consume foods with ice crystals remaining or if the temperature of the freezer has remained at 40 degrees F.
 - Covering the freezer with blankets will help to hold in cold (do not cover air vents).
- FINALLY, begin to use non-perishable foods and staples.
- For emergency cooking, you can use a fire, a charcoal grill or camp stove (outdoors only).
- You can also warm food with candle warmers, chafing dishes and fondue pots. Do not use warming items for cooking raw foods that have to be thoroughly cooked to be safe.

Water Needs

- You should store at least one gallon of water daily for each person and pet in the household. Consider storing more water than this for hot climates, and pregnant or sick people.
- Have enough water to maintain proper hygiene and sanitation during an emergency. You should wash your hands thoroughly with soap and water before handling any food items.
- If water is scarce, use alcohol-based hand sanitizers with at least 60% alcohol content.
- Consider using disposable plates, cups and utensils to minimize washing requirements.
- If tap water is available, follow local health guidelines and boil it before use, if advised to do so.
- Learn more about emergency disinfection of drinking water by clicking [here](#).



FEMA

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Emergency Supply List



Recommended Items to Include in a Basic Emergency Supply Kit:

- Water and non-perishable food for several days**
- Extra cell phone battery or charger**
- Battery-powered or hand crank radio that can receive NOAA Weather Radio tone alerts and extra batteries**
- Flashlight and extra batteries**
- First aid kit**
- Whistle to signal for help**
- Dust mask, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place**
- Moist towelettes, garbage bags and plastic ties for personal sanitation**
- Non-sparking wrench or pliers to turn off utilities**
- Can opener (if kit contains canned food)**
- Local maps**



Additional Items to Consider Adding to an Emergency Supply Kit:

- Prescription medications and glasses**
- Infant formula and diapers**
- Pet food, water and supplies for your pet**
- Important family documents such as copies of insurance policies, identification and bank account records in a portable waterproof container**
- Cash and change**
- Emergency reference material such as a first aid book or information from www.ready.gov**
- Sleeping bag or warm blanket for each person. Consider additional bedding if you live in a cold-weather climate.**
- Complete change of clothing including a long sleeved shirt, long pants and sturdy shoes. Consider additional clothing if you live in a cold-weather climate.**
- Fire Extinguisher**
- Matches in a waterproof container**
- Feminine supplies, personal hygiene items and hand sanitizer**
- Mess kits, Paper cups, plates and disposable utensils, paper towels**
- Paper and pencil**
- Books, games, puzzles or other activities for children**