

Food in an Emergency

If a disaster strikes your community, you might not have access to food and electricity for days, or even weeks. By taking some time now to store emergency food supplies, you can provide for your entire family.

Special Considerations

- Foods that require no refrigeration, preparation or cooking are best. Try to include foods that your family will enjoy and that are also high in calories and nutrition.
- You don't need to go out and buy unfamiliar foods to prepare an emergency food supply. You can use the canned foods, dry mixes and other staples on your cupboard shelves. Also, try to select canned foods that don't require cooking, water or special preparation.
- Individuals with special diets and allergies will need particular attention, as will babies, toddlers and elderly people.
- Canned dietetic foods, juices and soups may be helpful for ill or elderly people. Make sure you have a manual can opener and disposable utensils.
- Don't forget nonperishable foods for your pets.

Storage Tips

- Keep food in a dry, cool spot – a dark area if possible.
- Keep food covered at all times.
- Open food boxes or cans care-fully so that you can close them tightly after each use.
- Wrap cookies and crackers in plastic bags, and keep them in tight containers.
- Empty opened packages of sugar, dried fruits and nuts into screw-top jars or air-tight cans to protect them from pests.
- Inspect all food for signs of spoilage before use.
- Use foods before they go bad, and replace them with fresh supplies, dated with ink or marker. Place new items at the back of the storage area and older ones in front.



If the Electricity Goes Off . . .

FIRST, use perishable food and foods from the refrigerator.

THEN, use the 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 (meaning foods are safe to eat) for at least three days.

FINALLY, begin to use non-perishable foods and staples.