

Food

Keep enough food on hand to sustain you and your family for 72 hours. Remember that you may not have access to electricity or refrigeration and the water may be scarce. Watch your salt content, as salty foods make you drink more water.

Evaluate your food stockpiles on a regular basis and rotate through your emergency stockpile. While canned foods last a long time, they still do have expiration dates. If you anyone in your family has special dietary restrictions, remember to cater your stockpile to these needs.

Recommendations

- Foods should require very little preparation. Try to avoid things that need water or cooking.
- Make sure it is food your family will eat.
- Remember to include a manual can-opener and utensils in your emergency supplies.
- Ready-to-eat canned foods: meats, fruits, vegetables, soup, juice and milk.
- Canned foods that have flip top lids can be especially handy in an emergency.
- Stock high energy-foods: peanut butter, jelly crackers, granola bars and trail mix.
- Buy small amounts of comfort foods: candy, sweetened cereals, potato chips, and cookies.
- Dried foods keep well.
- Instant ready-to-eat meals (MREs) are very convenient. You can purchase the military type MREs at army surplus stores and some outdoor stores.

For Additional Information:

Red Cross – Food and Water in an Emergency pdf