


EMERGENCY FOOD SUPPLY



**STORE IT NOW !!
DON'T WAIT
FOR AN EMERGENCY**

WHY?

In an emergency such as a large magnitude earthquake, normal food sources such as grocery stores and restaurants will probably sustain heavy damage and will not be open for business for several days.

WHAT SHOULD I DO?

Prepare a two week emergency food supply for your family and pets. Canned foods, dry mixes, dehydrated fruit, etc. that are normally used will do just fine. Use foods that your family likes and try for a balanced meal approach. Don't forget to store a mechanical can opener in the event of a power outage.

WHAT ABOUT REFRIGERATED AND FROZEN FOOD?

Perishable foods such as milk, meats, etc. that are normally stored under refrigeration will spoil very rapidly without it. These foods, if still cold, should be used first. Foods in the freezer can last several days without power if the door is not opened frequently.

WHAT NOT TO DO

- If perishable foods lose refrigeration and become warm, **DO NOT USE!** Bacteria grow very rapidly without refrigeration.
- If canned foods have been damaged or are puffed up or leaking, **DO NOT USE!**
- **DO NOT USE** food from open containers where broken glass is present or where household chemicals have spilled. Carefully examine cellophane and foil sealed containers for leaks, breaks, and glass splinters.

SAFE FOOD PREPARATION HINTS

- Prepare only quantities sufficient for immediate use. Leftovers must be avoided if refrigeration is inadequate.
- Observe proper temperature controls — keep food hot (above 140°F) or cold (45°F or below).
- Keep hand contact to a minimum when preparing foods.
- Use single service eating and drinking utensils whenever possible.
- Wash salvageable food containers and utensils in detergent with water, rinse with clean water, then immerse in a sanitizing solution of one tablespoon household bleach to each gallon of water, for at least one minute. Be sure to use water from a safe source, or water that has been previously treated.

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