

Food and Water Safety in an Emergency



Food Storage



- **Keep food in a dry, cool spot—a dark area if**
- **Open food boxes and other re-sealable containers carefully so that you can close them tightly after each use.**
- **Wrap perishable foods, such as cookies and crackers, in plastic bags and keep them in sealed containers.**
- **Empty open packages of sugar, dried fruits, and nuts into screw-top jars or air-tight canisters for protection from pests.**
- **Inspect all food for signs of spoilage before use.**
- **Throw out canned goods that become swollen, dented, or corroded.**
- **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.**



Shelf Life of Food for Storage



Within 6 months: Powdered milk - boxed ; Dried fruit; | crackers ; Potatoes.

Within 12 months or before the date indicated on the label:

Canned condensed meat and vegetable soups ;

Canned fruits, fruit juices, and vegetables;

Ready-to-eat cereals and uncooked instant cereals;

Peanut butter; Jelly; Hard candy and canned nuts ; Vitamins.

May be stored indefinitely (in proper containers and conditions):

Wheat; Vegetable oils; Dried corn; Baking powder; Soybeans;

Instant coffee, tea, and cocoa ; Salt

Noncarbonated soft drinks

White rice; Bouillon products; Dry pasta

Powdered milk – *in nitrogen-packed cans*



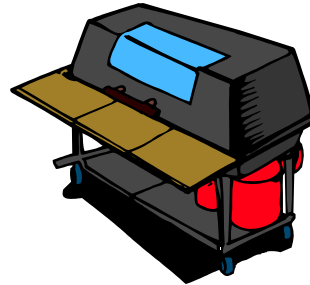
How to Efficiently Use Food



FIRST... Use perishable food from the refrigerator, pantry, garden, etc. Refrigerators lose temperature within 1 to 2 hours in hot weather. When possible, place perishable foods in coolers with ice.

- **THEN...** Use the foods from the freezer. To limit 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 two days. Check to make sure the seal on your freezer door is still in good condition.
- **FINALLY...** Begin to use non-perishable foods and staples.

Cooking without Electricity

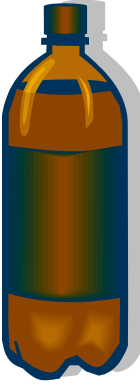


- **Charcoal grill or camp stove must not be used indoors**
- **Open the can and remove the label before heating food in the can.**
- **Keep cooked food hot by using candle warmers, sterno, and fondue pots.**
- **Always make sure to extinguish open flames before leaving the room**
- **Canned food can be eaten right out of the can without cooking.**

Emergency Water Supply

- **Plan on one gallon of drinking water per person per day.**
- **Consider storing at least a two-week supply of water for each member of your family**
- **Purchase commercially bottled water. Keep bottled water in its original container, and do not open it until you need to use it. Store out of the sun.**
- **Store personal hygiene water (toothbrushing, face washing) in food-grade plastic containers such as soft drink bottles.**
- **Store water for bathing and toilet flushing in large plastic containers such as kitty litter jugs. Fill bath tub with clean water before the event.**
- **Avoid using containers that will decompose or break, such as mason jars or glass bottles.**
- **Do not use containers that have had milk or fruit juice in them**
- **Never withhold water consumption. Drink at least two quarts per day, as long as supplies last, and try find more for tomorrow.**

Prepare Containers for Water Storage



- **Thoroughly clean the bottles with dishwashing soap and water, and rinse completely so there is no residual soap.**
- **For plastic soft drink bottles, sanitize the bottles by adding a solution of 1 teaspoon of non-scented liquid household chlorine bleach to a quart (1/4 gallon) of water. Swish the sanitizing solution in the bottle so that it touches all surfaces. After sanitizing the bottle, thoroughly rinse out the sanitizing solution with clean water.**

Emergency Drinking Water Disinfection



- **Boiling**

- **The safest method of treating water. In a large pot or kettle, bring water to a rolling boil for 1 full minute, keeping in mind that some water will evaporate. Let the water cool before drinking.**

- **Chlorination**

- **Chlorine Bleach. Ten drops per quart of water and allow to stand for 30 min.**
- **Tincture of Iodine. Five drops of 2% U.S.P. Tincture of iodine per quart of water and allow to stand for 30 min.**
- **Chlorine/Iodine Tablets. One tablet per quart of water or follow instruction.**
- **Calcium Hypochlorite. Make stock solution by mixing one heaping teaspoon for two gallons of water, then add the solution to water with ration of 1:100.**





Remember



- **Do not use contaminated water to wash dishes, brush your teeth, wash and prepare food, or make ice.**
- **If you use bottled water, make sure the seal has not been broken. Otherwise, water should be boiled or treated before use. Drink only bottled, boiled, or treated water until your supply is tested and found safe.**
- **Caffeinated drinks and alcohol dehydrate the body, which increases the need for drinking water**
- **Carbonated beverages do not meet drinking water requirements.**
- **Avoid placing water containers in areas where toxic substances, such as gasoline and pesticides, are present. Vapors may penetrate the plastic over time.**