

Food and Water

Before

- Gather a 3-day supply of:
 - Water: one gallon/person per day** for drinking and sanitation
 - Non-perishable food
- Generate a list of alternate water sources.
 - Drinking: Ice cubes, liquid in canned fruit/vegetables, water from pipes, water heater.
 - Sanitation **only**: Swimming pools and spas. (Managing Water)
- Keep food in a cool, dry place
- Store packaged food in tightly closed plastic or metal containers
- Dispose of any canned food that becomes swollen, dented or corroded
- Use foods before expiration and replace them with fresh supplies
- Rotate stored food and water supplies every six months. Write date on all containers.
- Store items for easy access and visible contents
- Pack small containers of water and breakfast bars, hard candy or energy foods for **Go Bag**

During

- Consolidate all food/water resources
- Track use of supplies
- Conserve food/water
- Plan resupply of food/water on Day 2
 - Identify food
 - Purify Replacement water (Managing Water)
- If power is out, eat:
 1. Perishable food in refrigerator/pantry/ garden; then
 2. Food from freezer: usually lasts at least 2 days & food with ice crystals is safe to eat; then
 3. Non-perishable foods and staples

After

- Remember to restock
- Evaluate adequacy of stock and prepare to adjust if needs were not fully met

Remember: some disasters last longer than 3 days; plan for resupply & purification.