

# Food and Water Supporting Document

## —Make list of all items

### Water:

- 1 gal/person/day for food and sanitation

### Suggested Foods:

- Choose salt-free crackers, whole grain cereals and canned foods with high liquid content.
- Ready-to-eat canned meats, fruits, vegetables and a can opener
- Protein or fruit bars
- Dry cereal or granola
- Powdered milk
- Peanut butter
- Dried fruit
- Nuts
- Crackers
- Canned juices
- MREs (meals ready to eat)

### TIPS:

- Choose foods your family will eat
- Remember any special dietary needs
- Avoid foods that will make you thirsty
- Include foods that are high in calories and nutrition
- Foods that require no refrigeration, water, special preparation, or cooking

### DON'T FORGET:

- Items to make water safe (Bleach, Distilling supplies, Purification tablets, Filtration straws/bottles, a water filter)
- Plan what food to pack
- Supplies to prepare food: can opener, pocket knife, Stove, cook set, mess kit, easy recipes
- Supplies to eat with: Cup, bowl, plate, cups, bottles, utensils, wipes/napkins, spork, mess kit.
- Rotate, update and test every 6 months

## **FACILITIES**—In addition to the above Facilities should have the following:

- Special Diets
  - Pre prepared or manual means to prepare food (masher)
  - Ensure
  - Supplemental food sources