



# FOOD & WATER In An Emergency

*If an earthquake, winter storm, or other disaster strikes your community, you might not have access to food and water for days or even weeks. By taking some time now to store emergency food and water supplies, you can provide for your entire family.*

## Water – The Absolute Necessity



You and your family can survive for many days without food, but only a short time without water. Disasters can cause significant damage to regional and local water supply systems. Having an ample supply of clean water for drinking, cooking and washing is a top priority during an emergency. Store one gallon per person, per day for at least three days. Don't forget pets. Use commercially bottled water (replace each year) or tap water in clean plastic bottles (replace every six months). Store water bottles in a cool, dark place.

### Indoor Water Sources

**Ice Cubes** - Melt and use.

**Toilet Tank** (not the bowl)  
Contains clean water which can be used directly from tank. Do not use this water if you have added any chemical treatments (cleaners) to the tank.

### Hot Water Heater

1. Find your incoming water valve. Shut it off to avoid possibly contaminated water coming into tank.
2. Turn off the gas or electricity to the tank.
3. Turn on a hot water faucet in the house.
4. Collect water as needed from the tap at the bottom of the hot water tank.

### Outdoor Water Sources

If you need to seek water outside your home, you can use these sources. But purify the water before drinking it.

- Rainwater
- Ponds and lakes
- Natural springs
- Streams, rivers, and other moving bodies of water



**Purify water** by boiling it for 3-5 minutes **or** by adding 16 drops of household liquid bleach containing 5.25% sodium hypochlorite per gallon of water. Do not use bleach that contains added scents or cleaners. Stir and let stand for 30 minutes before using.

### REMEMBER:

**Never ration water. Drink the amount you need today, and try to find more for tomorrow!**

## Emergency Food

- Store at least a three-day supply of nonperishable food.
- Select food items that are compact and lightweight.
- Take into account your family's unique needs and tastes.
- Select foods that don't require refrigeration, preparation, or cooking with lots of water.
- Try to include foods your family will enjoy and that are high in calories and nutrition.



### Nutrition Tips:

***During and right after a disaster, it will be vital that you maintain your strength. So remember:***

Eat at least one well-balanced meal each day.

Drink enough liquid to enable your body to function properly.

Take in enough calories to enable you to do any necessary work.

Include vitamin, mineral, and protein supplements to assure adequate nutrition.

### Suggested Food Items:

Ready-to-eat canned meats, fruits, and vegetables.

Canned juices, milk, and soup (if powdered, store extra water).

Staples - sugar, salt, and pepper.

High energy foods - peanut butter, jelly, crackers, granola bars, trail mix.

Foods for infants, elderly persons, and persons on special diets.

Comfort/stress foods - cookies, candy, cereal, lollipops, instant coffee, tea bags.

### Food Storage Tips:

Keep food in a dry, cool spot.

Keep food covered at all times.

Open food boxes carefully and close tightly after each use.

Don't forget canned and nonperishable foods for your pets.

Wrap cookies and crackers in plastic bags and keep them in air-tight containers.

Empty opened packages of sugar, dried fruits, or nuts into screw-top (plastic) jars or air-tight tin cans or plastic containers to protect from pests.

Foods in glass bottles and jars may break when a disaster occurs. Buy and store emergency foods in cans or plastic containers, whenever possible.

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.

