

# Emergency Food Supply

Food is as important as water for post-quake survival. Psychologists tell us people who have experienced a severe emotional trauma may give up on life and can even die from the depression which follows.

Psychologically a normal and healthy diet can lessen the emotional trauma of a disaster.

Therefore, we recommend that people store supplies for a disaster that are as close as possible to their normal fare. The food must be of a type that stores well. The minimum time that food should be able to last without refrigeration is 6 months.

In the brief space here it is difficult to give the information necessary to put together an emergency food storage program. The needs and tastes of individuals vary greatly. If you are a smaller or larger than average person you may want to adjust what you store as compared with what is suggested. The information here is to give the person who wants to store emergency food supplies some ideas. IT IS NOT INTENDED AS A SHOPPING LIST OF THINGS TO BUY. In each of the categories there is more food listed than should be needed. Think about the tastes and needs of your family.

## ROTATING SUPPLIES

Rotating supplies every 6 MONTHS is the key. Not because everything will go bad in six months. But, because you need to make rotating supplies part of your normal habits. The easiest way to remember to rotate is to change your supplies every time you change your clocks for "daylight savings time".

Remember, when you ROTATE YOUR CLOCKS, you ROTATE YOUR SUPPLIES.

The easier it is for you to think about doing it, the more apt you are to do it continuously.

When you rotate your supplies, don't throw them out, put them in the pantry and use them. Nothing has to go to waste.

**REMEMBER:** Your supplies rotation should include (but is not limited to), Batteries, Food, Water, and Medications (prescribed and over-the-counter).

## SAMPLE FOOD ITEMS

You need to stockpile at least 7 DAYS WORTH OF SUPPLIES PER PERSON PLUS PETS. These supplies should be non-perishables with long shelf lives. They should also be stored in a cool, dry & dark place. Heat and moisture speed the spoilage of food.

The following is a list of a few sample items. This is by no means the complete list of foods to stock. You should keep items that you and your family will eat. Try and select items that you use daily in your home. If your kids won't eat canned tuna before the earthquake they certainly will not eat it after. Try to plan as if you're going on a camping vacation for 7 days, because this is essentially what you will be doing.

Remember to consume what you have in your refrigerator first, then your freezer, then your stored goods.

*continued*



# Sample Food Storage Items

## BEVERAGES

- Milk - dehydrated or evaporated Soda
- Coffee, teas, instant cocoa - Remember, drinks with caffeine in them will move water through your body faster, so you might consider storing 1/2 again as much water.
- Powdered beverages as desired - Don't forget these will require extra stored water to make.
- Fruit / tomato / vegetable juices
- Sport drinks, such as Gatorade

## GRAIN PRODUCTS

- Multi-packages of individual serving breakfast cereal
- Instant HOT cereal in paper packages
- Pancake mix - Get the ones that require water only
- Bread (store in freezer)
- Pasta
- Flour
- Corn meal
- Soda crackers
- Rice

## PROTEIN SOURCES

- Canned meat; bacon, Spam, sausages, meat spreads, chili con carne, beef stew
- Canned poultry; chicken, turkey
- Canned fish; tuna, salmon, sardines
- Cheeses (hard wax-wrapped cheeses last longer)
- Dried eggs

## FRUITS AND VEGETABLES

- Canned berries
- Canned pears, peaches, apricots, plums
- Canned citrus fruits
- Canned vegetables
- Dry peas
- Instant mashed potatoes
- Dry package beans

## STAPLES

- Salt
- Sugar
- Cooking oil
- Shortening
- Baking soda
- Honey

## SNACKS AND OTHER FOODS

- Nuts
- Peanut butter
- Hard candy
- Dried fruit
- Jerky
- Dry soup mix
- Canned soup

## SEASONINGS AND SPICES

Include seasonings appropriate for the meals you choose to store. Spicy foods increase the consumption of fluids.

