



## HAVE A 3-DAY SUPPLY OF FOOD

Store at least a three-day supply of nonperishable food. Select foods that require no refrigeration, preparation or cooking, and little or no water. If you must heat food, pack a can of Sterno. Select food items that are compact and lightweight.

Include a selection of the following foods:

- Ready to eat canned meats, fruits and vegetables
- Canned juices
- Staples (salt, sugar, pepper, spices, etc.)
- High energy foods
- Vitamins
- Food for infants
- Comfort/stress foods

# Are you prepared?



## KEEP TOOLS ON HAND

- Mess kits, or paper cups, plates and plastic utensils
- Emergency preparedness manual
- Battery-operated radio and extra batteries
- Flashlight and extra batteries
- Cash or traveler's checks, change
- Non-electric can opener, utility knife
- Fire extinguisher: small canister ABC type
- Tube tent
- Pliers
- Tape
- Compass
- Matches in a waterproof container
- Aluminum foil
- Plastic storage containers
- Signal flare
- Paper, pencil
- Needles, thread
- Medicine dropper
- Shut-off wrench, to turn off household gas and water
- Whistle
- Plastic sheeting
- Map of the area (for locating shelters)

- If you smell gas, shut off the main valve and open all windows and doors.
- Turn off the gas only if you smell a leak. Another indicator of a leak is if the unmarked wheels on the gas meter are spinning.
- Once you turn off the gas, it may take a few days to get it turned back on. Never attempt to turn the gas back on; let the gas company do it.

**I**n September, the *Daily Breeze* published this guide for readers. Because of an overwhelming response, we are reprinting the page.

There are six basics you should stock for your home in case of an emergency: water, food, first aid supplies, clothing and bedding, tools and emergency supplies and special items for medical conditions.

Keep the items that you would most likely need during an evacuation in an easy-to-carry container. Here is a list of what should be included in your kit.

Tips and lists are adapted from 72hours.org and redcross.org.

**Daily Breeze**  
MAKING A DIFFERENCE

### WHEN FOOD SUPPLIES ARE LOW

- If activity is reduced, healthy people can survive on half their usual food intake for an extended period and without any food for many days. Food, unlike water, may be rationed safely, except for children and pregnant women.
- If your water supply is limited, try to avoid foods that are high in fat and protein, and don't stock salty foods, because they will make you thirsty. Try to eat salt-free crackers, whole grain cereals and canned foods with high liquid content.
- You don't need to buy unfamiliar foods to prepare an emergency food supply. You can use the canned foods, dry mixes and other staples on your cupboard shelves. In fact, familiar foods are important. They can lift morale and give a feeling of security in a time of stress. Also, canned foods won't require cooking, water or special preparation. Following are recommended short-term food storage plans.

### 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 (two quarts a day).
- Take in enough calories to enable you to do necessary work.
- Include vitamin, mineral and protein supplements in your stockpile to assure adequate nutrition.

### SPECIAL CONSIDERATIONS

- As you stock food, take into account your family's needs and tastes. Try to include foods that they will enjoy and that are also high in calories and nutrition. Foods that require no refrigeration, preparation or cooking are best.
- Individuals with special diets and allergies will need particular attention, as will babies, toddlers and elderly people. Nursing mothers may need liquid formula, in case they are unable to nurse. Canned dietetic foods, juices and soups may be helpful for ill or elderly people.
- Make sure you have a manual can opener and disposable utensils. And don't forget nonperishable foods for your pets.