



Food Shortage Preparedness

Be Prepared

When a disaster occurs, you might not have access to food, water and electricity for days, or even weeks. Store enough non-perishable food to provide for your family for up to 7 days or more, but no less than 3 days.

Include a selection of the following foods and procedures in your Disaster Supplies Kit, note be sure to include a manual can opener:

- Store food items that are familiar, rather than buying special emergency food.
- Consider any dietary restrictions and preferences you may have.
- Ideal foods are: Shelf-stable (no refrigeration required), low in salt, and do not require cooking (e.g. canned fruit, vegetables, peanut butter, jam, low-salt crackers, cookies, cereals, nuts, dried fruit, canned soup or meats, juices and non-fat dry milk).
- Comfort/stress foods such as cookies, hard candy, sweetened cereals, lollipops, instant coffee, tea bags.
- Mark a rotation date on any food container that does not already have an expiration date on the package.
- Include baby food and formula or other diet items for infants or seniors.
- Store the food in airtight, pest-resistant containers in a cool, dark place.
- After a power outage, refrigerated food will stay cold longer if you keep the door closed.

