



# Food Supplies

## Food is important for post-quake survival

Psychologically, a normal and healthy diet can lessen the emotional trauma of a disaster. Therefore, it is recommended 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 stored food should be able to last without refrigeration is 6 months.

The suggestions here are to provide some ideas. It is not intended as a shopping list of things to buy. Think about the tastes and needs of your family, including your pets.

### **Rotating Supplies:**

Rotating supplies every 6 months is the key because you need to make rotating part of your normal habits. The easiest way to do this is every time you change your clocks for “daylight savings time”. Remember, when you rotate your clocks, you rotate your supplies.

Don’t throw those supplies out, put them in the pantry and use them.

Your supplies rotation should include (but is not limited to); batteries, food, water, medications (prescribed and over-the-counter). Don’t forget to check those fire extinguishers while you’re at it.

### **Sample Food Storage Items:**

You need to stockpile at least 7-14 days of supplies per person plus food for pets. These supplies should be non-perishables with long shelf lives and stored in a cool, dry & dark place.

The following is a sample and by no means a complete list of foods to stock. You should keep items that you and your family will eat and are used daily. Try to plan as if you’re going on a camping vacation for 7 – 14 days, because this is essentially what you will be doing.

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## SAMPLE FOOD STORAGE ITEMS

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

### BEVERAGES:

- Milk; dehydrated, evaporated, soy
- Sodas
- Fruit/ tomato/ vegetable juices
- Powdered beverages as desired- will require more water
- Coffee, teas, instant cocoa-remember, drinks with caffeine move water thru your body faster, so you will need to store more water
- Sports drinks, such as Gatorade

### GRAIN PRODUCTS:

- Bread (store in freezer)
- Breakfast cereal – hot & cold, packages of individual servings
- Granola
- Crackers
- Pancake mix – ones that require water only to mix

### PROTEIN SOURCES:

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

### FRUITS AND VEGETABLES:

- Canned pears, peaches, apricots, etc
- Canned vegetables
- Dry packaged items
- Canned citrus fruits
- Canned beans

### SEASONINGS AND SPICES:

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

### SNACKS AND OTHER FOODS:

- Nuts, unsalted
- Hard candy
- Jerky
- Canned soup
- Protein and meal replacement bars
- Peanut butter
- Dried fruit
- Dried soup mix
- Ensure, Slim Fast
- Trail mix

When storing food supplies, consider you might not have a stove to cook on. If you have facilities such as a camp stove, expand your list of supplies accordingly.