

## PREPARING AN EMERGENCY FOOD KIT

Every family should have an **emergency food kit**. An **emergency food kit** contains enough water and food for each household member for at least 3 days and is kept in a waterproof case or carrying bag. Store the kit in a cool, dry place that is easy to access or in your emergency shelter (if you have one).

### What You Should Include

#### Water for Three Days

- At least one gallon of clean water per person per day for drinking and hygiene.

**Hint:** Clean and sterilize all containers before filling.

#### Food for Three Days

- **Dried Foods**
  - Fruit, Crackers, Ready-to-eat Cereals, Powdered Milk, Beef Jerky
- **Canned Foods**
  - Meats and Fish, such as Tuna and Chicken
  - Vienna Sausages, Beans, Fruit, Fruit Juices, Vegetables, Soups
- **High Energy Foods**
  - Peanut Butter, Jelly, Nuts, Trail Mix, Granola Bars, Protein Bars, Breakfast Bars, Cookies
  - Baby Formula and Baby Food, if needed



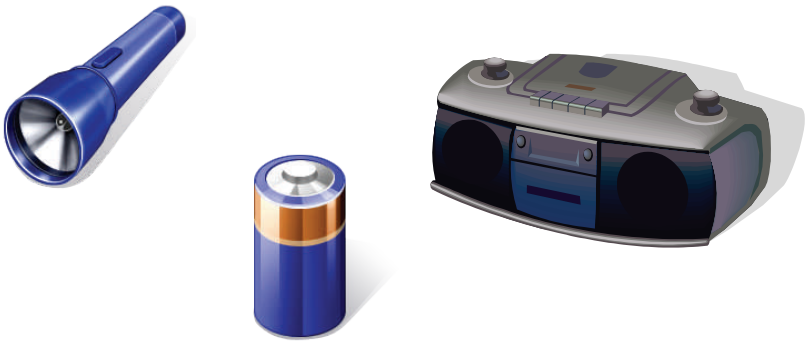
**Hint:** Even if you are breast feeding, stress may keep you from producing milk.

## Other Items You May Want To Include In Your Emergency Food Kit

- Prescription Drugs
- Copies of Important Family Documents
- Medical Supplies, such as a First Aid Kit and Instruction Booklet

**Hint:** Put the items listed above in a waterproof bag

- Flashlight or Battery Operated Lamps
- Waterproof Matches
- Paper Plates and Plastic Utensils
- Moist Towelettes and Hand Sanitizer
- Portable Radio
- Manual or Battery Operated Can Opener
- Extra Batteries



### REMEMBER!

- Check the expiration dates on food every 6 months.
- Replace foods that are old.
- Include some comfort items if you have room.