

Tips about Water and Food

WATER

- Store water in plastic containers such as soft drink bottles. Avoid using containers that will decompose or break, such as milk cartons or glass bottles.
- A normally active person needs to drink at least two quarts of water each day. Hot environments and intense physical activity can double that amount.
- Children, nursing mothers and ill people will need more.
- Store two gallons of water per person, per day. Two quarts are for drinking, and two quarts are for food preparation/sanitation.
- Keep at least a 1-2 week supply of water for each person in your household.
- Use purification tablets to make available water drinkable. You can also mix one ounce of bleach per 55 gallons of water.

FOOD

- Store at least a three-day supply of non-perishable 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 or lightweight.
- Include a selection of the following foods in your Disaster Supplies Kit:
 - Ready-to-eat meats, fruits and vegetables
 - Canned juices, milk, soup (If powdered, store extra water)
 - Staples such as sugar, salt, pepper
 - High energy foods such as peanut butter, jelly, crackers, granola bars, trail mix
 - Vitamins
 - Foods for infants, elderly persons or persons on special diets
 - Comfort/stress foods such as cookies, hard candy, sweetened cereals, lollipops, instant coffee, tea bags

COOKING SUPPLIES

- Mess kits, or paper cups, plates and plastic utensils
- Non-electric can opener, utility knife
- Matches in a waterproof container
- Plastic storage containers
- Aluminum foil
- Mini burner or camp stove
- Pots and pans