

## Emergency Food Guidelines



Assuming 7 days of food are in your kitchen/pantry right now, expand your food reserves to 30 days minimum.

### CALORIES / COMFORT / QUANTITY

- Buy what you eat and eat what you buy!
- Dietary considerations can be planned for. (see [PrepLO.org](http://PrepLO.org) for options)
- There is no ONE list! This is a very personal decision based on your likes/dislikes, allergies/tolerances.

## - GOALS -

A few steps to follow in emergency situations.

### 1. Calories

- Calories are critical.
- Plan for 2,500 calories per adult for 30 days (or 120 meals per person)
- Don't forget to plan your pets needs too!

### 2. Plan

- Make a list of the foods your family routinely eats for all meals, including snacks.
- Expand this list to cover a 30 day period. Inventory your current food resources including fridge, freezer and pantry.
- Build up your reserves to met the 30 day goal. (this can include canned, freeze-dried, etc.) Add some variety but keep it simple.
- **JUST GET IT!**
- Meals Ready to Eat: (MRE's) self-contained heated emergency meals.

### 3. Food Spoilage

When the electricity goes off, eat in the order of spoilage.

- **Fridge:** spoils rapidly. Use within the first 12-24 hours.
- **Freezer:** thaws in less than 2 days. Fast if the door is opened often.
- **Pantry:** canned foods and dry goods (remember to mark dates legibly)
- **Freeze Dried Foods:** look for long term 20-30 years of shelf life.
- **Meals Ready to Eat:** (MRE's) self-contained heated emergency meals.

**Storage of long-term foods:** Locate a dry, dark and cool area in your home. Rotate older foods with newer ones as you use them.

**Utensils:** Paper plates and plastic utensils (no water needed to sterilize) - 30 day supply.

**Garbage bags:** Look to sanitation guides for proper disposal.

**Spices:** Salt, pepper, sugar, etc.



### Cooking

Cooking will be a challenge so choose your stored food wisely.

- Ready to eat foods that don't require cooking will be preferred. (i.e. MRE's)

- Plan a means to cook! (i.e. camping cooking gear)

- Remember water requirements to cook in your water storage