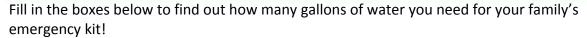
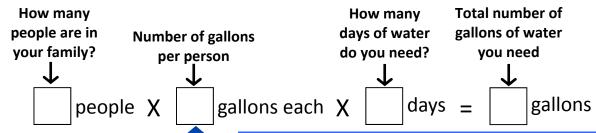


# **EMERGENCY FOOD AND** WATER SUPPLIES

### WATER







\*In the summer, plan for 2 gallons of water per person.

#### **Water Example**

A family of four is preparing an emergency kit for three days:

4 people X 1 gallon each X 3 days = 12 gallons!

### FOOD

There are two ways to prepare food supplies for an emergency:

- 1. Buy kits already assembled
- 2. Make your own kit

Remember to choose foods that can be stored for several months at a time. Rotate food supplies every 3 to 6 months; check "sell by" and expiration dates.

#### **Make Your Own Kit**

Make your own kit by checking off the following suggested foods as you add them to your kit.

- Protein, fruit or granola bars
- Dried/canned fruit
- Nuts/peanut butter
- Canned soups

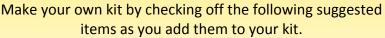
- Canned milk
- Cereal
- Crackers
- Canned meats

## OTHER S UPPLIES

Don't forget to pack the supplies and utensils you will need in order to eat!

#### Make Your Own Kit Remember!

Prepare your emergency food supplies before an emergency or disaster strikes.



- A pan to heat canned foods
- Plastic utensils
- Scissors
- Manual can opener
- Paper towels and plates
- Hand sanitizer

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