

EMERGENCY FOOD AND WATER SUPPLIES

WATER



Fill in the boxes below to find out how many gallons of water you need for your family's emergency kit!

How many people are in your family? ↓ people X Number of gallons per person ↓ gallons each X How many days of water do you need? ↓ days = Total number of gallons of water you need ↓ gallons

***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.

- | | |
|---|---------------------------------------|
| <input type="checkbox"/> Protein, fruit or granola bars | <input type="checkbox"/> Canned milk |
| <input type="checkbox"/> Dried/canned fruit | <input type="checkbox"/> Cereal |
| <input type="checkbox"/> Nuts/peanut butter | <input type="checkbox"/> Crackers |
| <input type="checkbox"/> Canned soups | <input type="checkbox"/> Canned meats |

OTHER SUPPLIES



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

Remember!

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

Make Your Own Kit

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

- | | |
|---|---|
| <input type="checkbox"/> A pan to heat canned foods | <input type="checkbox"/> Plastic utensils |
| <input type="checkbox"/> Manual can opener | <input type="checkbox"/> Scissors |
| <input type="checkbox"/> Paper towels and plates | <input type="checkbox"/> Hand sanitizer |