

AT-A-GLANCE: BUILD A KIT - FOOD



Suggested Emergency Food Supplies

Consider the following things when putting together your emergency food supplies:

- Store at least a several-day supply of non-perishable food
- Choose foods your family will eat
- Remember any special dietary needs

Some examples include:

- Ready-to-eat canned meats, fruits, vegetables and a can opener
- Protein or fruit bars
- Dry cereal or granola
- Peanut butter
- Dried fruit
- Canned juices
- Non-perishable pasteurized milk
- High-energy foods
- Food for infants
- Comfort/stress foods

Managing Food without Power

- Keep the refrigerator and freezer doors closed as much as possible
- The refrigerator will keep food cold for about four hours if it is unopened
- Refrigerated or frozen foods should be kept at 40 degrees Fahrenheit or below for proper food storage
- Use a refrigerator thermometer to check temperature
- Refrigerated food should be safe as long as the power was out for no more than four hours
- Discard any perishable food such as meat, poultry, fish, eggs or leftovers that have been above 40 degrees Fahrenheit for two hours or more



Food Safety and Sanitation

Do:

- Keep food in covered containers
- Keep cooking and eating utensils clean
- Throw away any food that has come into contact with contaminated flood water
- Throw away any food that has been at room temperature for two hours or more
- Throw away any food that has an unusual odor, color or texture
- Use ready-to-feed formula. If you must mix infant formula, use bottled water or boiled water as a last resort

Don't:

- Eat foods from cans that are swollen, dented or corroded, even though the product may look safe to eat
- Eat any food that looks or smells abnormal, even if the can looks normal
- Let garbage accumulate inside, both for fire and sanitation reasons

