

FOOD & WATER

If an earthquake, winter storm, or other disaster strikes

Nutrition Tips:

During and right after a disaster, it will be vital that you maintain your strength. So remember:

Eat at least one well-balanced meal each day.

Drink enough liquid to enable your body

Food Storage Tips:

Keep food in a dry, cool spot.

Keep food covered at all times.

Open food boxes carefully and close tightly after each use.

Wrap cookies and crackers in plastic bags and keep them in air-tight containers.

Empty opened packages of sugar, dried fruits, or nuts into screw-top (plastic) jars or air-tight tin cans or plastic containers to protect from pests.

Foods in glass bottles and jars may break when a disaster occurs. Buy and store emergency foods in cans or plastic containers, whenever possible.

Use foods before they go bad and replace them with fresh supplies, dated with ink or marker. Place new items at the back of the storage area and older ones in front.