

**BE PREPARED FOR AN EMERGENCY:**

# Food



**GOAL:** Have an emergency food supply that will meet the needs of your household for three days without outside help.

**CHOOSE ONE OF THESE THINGS TO DO TO BE READY FOR AN EMERGENCY**



Store three days of food for your family in case of disaster.



Make sure your food will be safe to eat if the power goes out.



If someone in your family has a special diet, make sure they will have the right food in an emergency.

**do 1 thing**

[DO1THING.COM](http://DO1THING.COM)

THE MISSION OF DO 1 THING IS TO MOVE INDIVIDUALS, FAMILIES, BUSINESSES AND COMMUNITIES TO PREPARE FOR ALL HAZARDS AND BECOME DISASTER RESILIENT



# Store three days of food for your family in case of disaster.

## 1 STORE FOOD FOR THREE DAYS

**3**  
DAYS

HAVE A THREE DAY SUPPLY OF NON-PERISHABLE FOOD FOR YOUR FAMILY.

## 2 CHOOSE THINGS THAT ARE EASY TO PREPARE

**NO HEATING.**      **NO COOLING.**      **NO WATER.**

**READY-TO-EAT FOOD**

TRY TO STORE FOODS THAT NEED MINIMAL HEATING, COOLING, OR EXTRA WATER.

## 3 PAY ATTENTION TO SHELF LIFE

**EXPIRATION DATE**

PAY ATTENTION TO EXPIRATION DATES. USE FOOD BEFORE IT EXPIRES AND REPLACE IT WITH NEW FOOD.



# Make sure your food will be safe to eat if the power goes out.

## 1 INSTALL THERMOMETERS

INSTALL A THERMOMETER IN YOUR REFRIGERATOR AND FREEZER SO YOU WILL KNOW IF YOUR FOOD GETS TOO WARM.

THERMOMETER

## 2 DEVELOP A COMMUNICATION PLAN

**>41°F**

FOOD MAY BE UNSAFE TO EAT IF YOUR FRIDGE TEMPERATURE RISES ABOVE 41 DEGREES FAHRENHEIT FOR MORE THAN FOUR HOURS.

**BACTERIA**

DO NOT EAT FOOD IF YOU'RE UNSURE OF ITS SAFETY. WHEN IN DOUBT, THROW IT OUT!

## 3 REDUCE REFRIGERATOR TEMPERATURE

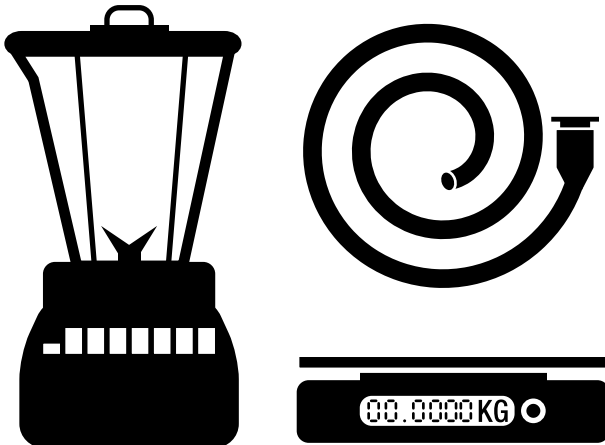
TURN DOWN THE TEMPERATURE IN YOUR FRIDGE AND FREEZER IF YOU THINK THE POWER MIGHT GO OUT. AVOID OPENING THE DOOR TO THE FRIDGE WHEN THE POWER GOES OUT.

COLD HOT



**If someone in your family has a special diet, make sure they will have the right food in an emergency.**

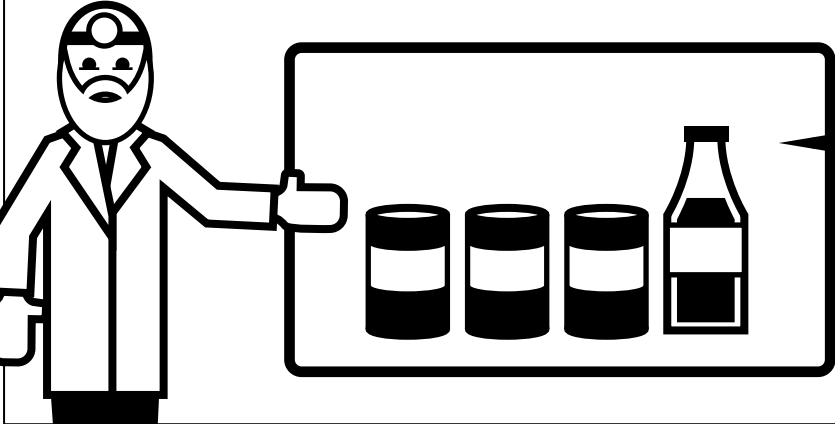
**1 CONSIDER SPECIAL DIETARY EQUIPMENT**



**SPECIAL FOOD EQUIPMENT**

INCLUDE SPECIAL EQUIPMENT LIKE BLENDERS, SCALES, FEEDING TUBES, ETC.

**2 BUILD A MENU FOR SPECIAL DIETS**



**SPECIAL DIET MENU**

TALK TO YOUR DOCTOR ABOUT NONPERISHABLE MENU OPTIONS IF YOU EAT A SPECIAL DIET.

KEEP A DESCRIPTION OF YOUR MEDICAL CONDITION AND DIET IN YOUR EMERGENCY KIT.

