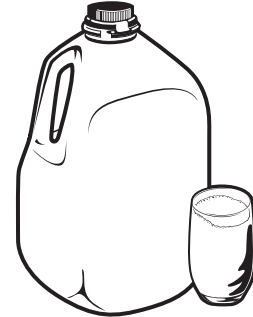


# Plan for an Emergency

## ARE YOU PREPARED FOR AN EMERGENCY?

A storm, flood, or power outage can happen with little warning. If you are not prepared, it may be too late to buy food and water.



## HOW TO PLAN AHEAD

- Store at least a 3-day supply of food, water, and other items.
- Buy a supply of foods that do not require refrigeration.
- Avoid buying salty foods that could make you thirsty.
- Store foods in containers to protect them from pests and germs. Put them in a dry, cool spot. Keep them covered.
- Replace unused emergency food supplies every few months. This will help keep them safe to eat, and retain their quality.

### GENERAL SUPPLIES

First aid kit  
 Personal hygiene supplies  
 Alcohol-based hand sanitizer  
 Battery-operated clock or watch  
 Portable radio  
 Flashlight or lantern  
 Batteries

### FOOD-RELATED SUPPLIES

Manual can opener  
 Disposable dishes and cups  
 Disposable utensils  
 Insulated cooler  
 Freezer packs (keep frozen)

## Emergency Food and Water Supplies

### Store in a Cool, Safe Place in Unopened Containers

<b>Milk and milk products</b>	<ul style="list-style-type: none"> <li>• Dry milk or canned evaporated milk</li> <li>• Rice or soy milk</li> <li>• Boxed or shelf-stable milk</li> </ul>
<b>Meat, fish, poultry, and beans</b>	<ul style="list-style-type: none"> <li>• Canned meat, chicken, or fish</li> <li>• Canned beans</li> <li>• Peanut butter, nuts, or seeds</li> </ul>
<b>Fruits</b>	<ul style="list-style-type: none"> <li>• Canned or dried fruit</li> <li>• Canned or bottled fruit juice</li> </ul>
<b>Vegetables</b>	<ul style="list-style-type: none"> <li>• Canned vegetables</li> </ul>
<b>Pasta, noodles, rice, cereals, crackers, chips, and bars</b>	<ul style="list-style-type: none"> <li>• Dry pasta, noodles, and rice</li> <li>• Ready-to-eat cereals</li> <li>• Crackers or tortilla chips</li> <li>• Granola bars or breakfast bars</li> </ul>
<b>Soups and stews</b>	<ul style="list-style-type: none"> <li>• Canned soups and stews</li> </ul>
<b>Condiments</b>	<ul style="list-style-type: none"> <li>• Sugar and spices</li> <li>• Mustard and ketchup</li> </ul>
<b>Fats</b>	<ul style="list-style-type: none"> <li>• Vegetable oil</li> </ul>
<b>Sweets</b>	<ul style="list-style-type: none"> <li>• Canned pudding</li> <li>• Jam or jelly</li> </ul>
<b>Water</b>	<ul style="list-style-type: none"> <li>• 1 gallon of water per person per day for drinking, cooking, and personal hygiene</li> <li>• Use bottled water, or store tap water in clean containers</li> </ul>

### REFRIGERATED FOODS: BEFORE AND DURING AN EMERGENCY

You should normally set your refrigerator temperature between 35 and 40 degrees F. Check the temperature with a refrigerator thermometer.

If the power goes out, keep the refrigerator door closed as much as possible to maintain the cold temperature. This may help keep the foods safe to eat for a few hours. How long they will remain safe depends on the temperature of the room.

Throw foods out if the refrigerator temperature rises above 40 degrees F for more than 2 hours. Bacteria can grow to harmful levels and make you sick. The foods may look or smell fine, but may not be safe to eat.

If the power goes out:

- **First:** Use perishable foods and foods from the refrigerator.
- **Second:** Use foods from the freezer, if you can cook them.
- **Third:** Use canned foods and shelf-stable foods.

## Throw Out These Foods

If Refrigerator Temperature Rises Above 40 Degrees F For More Than 2 Hours

<b>Milk and milk products</b>	<ul style="list-style-type: none"> <li>• Milk, buttermilk, or evaporated milk</li> <li>• Cheese, yogurt, cream, or sour cream</li> </ul>
<b>Meat, fish, poultry, eggs, and egg products</b>	<ul style="list-style-type: none"> <li>• Fresh, leftover or thawing meat, poultry, fish, or seafood</li> <li>• Salads made with meat, tuna, shrimp, chicken, or eggs</li> <li>• Lunch meats, hot dogs, bacon, sausage, or dried beef</li> <li>• Canned hams labeled "Keep Refrigerated"</li> <li>• Opened canned meats or beans</li> <li>• Gravy or stuffing</li> </ul>
<b>Fruits</b>	<ul style="list-style-type: none"> <li>• Cut fresh fruit</li> <li>• Opened cans or containers of fruit or fruit juice</li> </ul>
<b>Vegetables</b>	<ul style="list-style-type: none"> <li>• Cooked vegetables</li> <li>• Opened vegetable juice</li> <li>• Pre-cut packaged greens</li> <li>• Potato salad</li> </ul>
<b>Bread dough</b>	<ul style="list-style-type: none"> <li>• Refrigerator biscuits or rolls</li> </ul>
<b>Cooked pasta, noodles, and rice</b>	<ul style="list-style-type: none"> <li>• Cooked pasta, spaghetti, noodles, or rice</li> <li>• Pasta salads with mayonnaise or vinaigrette or fresh pasta</li> </ul>
<b>Soups and stews</b>	<ul style="list-style-type: none"> <li>• Refrigerated soups and stews</li> </ul>
<b>Mixed foods</b>	<ul style="list-style-type: none"> <li>• Casseroles</li> <li>• Pizza with any topping</li> </ul>
<b>Sauces, spreads and condiments</b>	<ul style="list-style-type: none"> <li>• Opened containers of horseradish, spaghetti sauce, tartar sauce, Worcestershire sauce, or Hoisin sauce</li> </ul>
<b>Fats</b>	<ul style="list-style-type: none"> <li>• Commercial garlic in oil</li> <li>• Opened mayonnaise or salad dressing</li> <li>• Whipped butter</li> </ul>
<b>Sweets</b>	<ul style="list-style-type: none"> <li>• Pastries or pies filled with custard, cheese, or chiffon</li> <li>• Cheesecake</li> <li>• Refrigerator cookie dough</li> </ul>

**FOR MORE INFORMATION****American Red Cross**

*Food and Water in an Emergency*

Website: [www.redcross.org/static/file\\_cont39\\_lang0\\_24.pdf](http://www.redcross.org/static/file_cont39_lang0_24.pdf)

**Federal Emergency Management Agency (FEMA)**

*Emergency Food and Water Supplies*

Website: [www.fema.gov/library/emfdwtr.shtm](http://www.fema.gov/library/emfdwtr.shtm)

**Florida International University**

*Healthy Hurricane/Disaster Cookbook*

Website: [www.fiu.edu/~health/hurricanesseason/Cookbook.pdf](http://www.fiu.edu/~health/hurricanesseason/Cookbook.pdf)

**U.S. Department of Agriculture**

*Keeping Food Safe During an Emergency*

*Food Safety: Power Outages & Flooding*

Website: [www.fsis.usda.gov/Fact\\_Sheets](http://www.fsis.usda.gov/Fact_Sheets)

**University of Massachusetts Nutrition Education Program**

*Keeping Your Food Safe if the Power Goes Out*

*Keeping Your Family Fed if the Power Goes Out*

Website:

[www.umass.edu/umext/nutrition/programs/food\\_safety/resources/index.html](http://www.umass.edu/umext/nutrition/programs/food_safety/resources/index.html)

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- *Emergency Preparedness*, USDA, Food Safety and Inspection Service, 2004.
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