

1 Emergency Preparedness – Food-1

2 Summary

- 3 • Residents should have food and water for **at least** 3 days per person, but...
- 4 • If possible, a 2-week supply per person is recommended
- 5 • For information on water supply (1 gallon per day per person) **CLICK HERE**

6 **Why do I need food?**

7 In an emergency, it will take responders, including RVM staff, many hours to a few
8 days to assemble, set up operations, and begin addressing problems. In a major
9 disaster with regional damage, such as an earthquake, staffing shortages may be
10 permanent, and supplies unavailable or limited for weeks.

11 **How and What?**

12 There are 2 major approaches to emergency food storage: **Get It and Forget It** and
13 **Ongoing Management**. They can be combined.

14 **1. Get it and Forget it:** Buy freeze-dried or dehydrated food and store it.

15 Advantages:

- 16 • It has a very long shelf life – up to 25 years or
17 longer.
- 18 • It does NOT require cooking – room
19 temperature soaking works
- 20 • It does NOT require extra water storage –
21 your gallon per day includes enough.
- 22 • It is durable in storage – room temperature is
23 best but hot or cold does not reduce safety or
24 nutrition.

25 Disadvantages:

- 26 • There is a one-time expense to stocking up.
- 27 • You need to pay attention to product descriptions – there is no standard
28 definition of a “serving” for example, or of a “meal.”
- 29 • For more detail, including suggested sources, **CLICK HERE**



24 servings, 5 different meal types. Total calories: 6,120. Safe consumption 30 years. Cost about \$120
Note: pail container is a useful emergency item.

30 **2. Ongoing Management:** If you usually keep and prepare food at home, you may
 31 be able to adjust the amount and nature of what you store to create a back-up
 32 supply.

33 Food requirements:

- 34 • Should be edible without cooking.
- 35 • Non-perishable, with a relatively long shelf life.
- 36 • Consistent with your standards for taste and
 37 nutrition.

38 Notes and Considerations:

- 39 1. For short-term use; some perishable items count
 40 – refrigerated and frozen items do not spoil
 41 instantly when the power goes out, and items
 42 not requiring cooking can be eaten over a period
 43 of a few days.
- 44 2. Not sure how much you need? Count calories from the labels: 2,000 calories
 45 per day is considered a normal amount.
- 46 3. Expiration and “best by” dates are very conservative. Most canned goods
 47 remain safe to eat long after those dates, but discard any cans that are rusted
 48 or bulging.

49 How to do it:

- 50 1. The Charity approach – get and keep a large stock of suitable things that you
 51 use (example: canned fish or meat, nut butters), buying new inventory
 52 regularly and donating the older items to a food bank as their expiration
 53 dates approach.
- 54 2. The Ongoing Use approach – similar to the charity approach, but with
 55 attention to balancing food lifetime and your use so that you can keep a
 56 reserve without having to give or throw very much away. This requires the
 57 most effort and attention.

58 **Whatever your primary method, remember to have a few portable items to take with**
 59 **you if you have to evacuate.**

60 Our Food-2 information sheet contains additional detail on selecting, storing, and
 61 consuming emergency rations – to see it, [CLICK HERE](#)

62

