



APRIL 2021 – TIP OF THE MONTH #8
From the GHNA Disaster Preparedness Committee

***EMERGENCY ESSENTIALS:
FOOD & WATER***



When an emergency occurs and you need to shelter in place near your home, you will require supply of food and water to sustain your family through the crisis. You need to identify a cool dry place where you can create your food storage outpost. You can begin by building a short-term supply of food and later adding enough to help you and your family survive for a series of days.

Start with a 3-day survival plan, and then add to it to build it to last 7 days. Once you are satisfied with your “outpost” you can continue to make additions to increase your supply for 2-3 weeks. To begin, select foods that require no refrigeration and can be prepared with little or no water.

Select food items that are compact and lightweight. Here are some suggestions:

- Ready-to-eat canned meats, fruits and vegetables
- Canned juices, milk, soup (if powdered store extra water)
- Staples: Sugar, salt, pepper, oil
- High-energy foods such as peanut butter, jelly, crackers, granola bars, trail mix
- Food for infants, elderly persons, or persons on special diets
- Bulk items such as beans, grains, dry pasta, oats, dried apples, nuts, and rice
- Comfort/stress-relief foods in small amounts such as cookies, hard candy, sweetened cereals, instant coffee, instant cocoa, tea bags
- Manual can opener
- All-purpose knife
- Soap and hand-sanitizer
- Plastic wrap
- Re-sealable plastic bags
- Disposable utensils and paper plates

When you have built your storage outpost, particularly one that is long term, you will need to rotate your stock. First, eat the food stored the longest. If a year passes without an emergency, check your supply, eat items nearing expiration and replace with fresh food. Regularly monitoring your food stores will ensure the food you have on hand is always ready when you need it.

Generally, foods with low moisture and fat levels have the most extended shelf life when stored correctly. As a matter of fact, you can significantly extend food freshness with the right storage vessels and environment. One example is Mylar bags which can keep food safe for several decades.

Being prepared with healthy food and plenty of water will give you the fuel and life-essentials to keep you going and allow you to focus on other aspects of your family's well-being as you move through the crisis.

Water

It is important to store enough clean water for hydration. For drinking alone, you will need a gallon for each person for each day. (e.g. For a 2-week timeline you need 14 gallons per person). On top of drinking water, you should secure additional gallons for cooking, cleaning, and sanitation. Bottled water is a good source of water for drinking. If you do not have bottled water, you can boil it or add household bleach to disinfect it. Use only regular, unscented chlorine bleach products that do not have extra cleaners or additives. Here is the bleach/water ratio that the EPA recommends:

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<u>Water Quantity</u>	<u>Bleach</u>
1 Quart	2 drops
1 Gallon	8 drops

*After adding the bleach, shake or stir the water in the container. Let stand 30 minutes before using.



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