SOUTH KING FIRE

Emergency Food and Water Supplies

Following a disaster there may be power outages that could last for several days, and emergency responders may not be able to help you right away.
Stocking canned foods, dry mixes and other staples that your family will eat and **do not require refrigeration, cooking, water or special preparation** is essential.

3 days of food for Go Kits and up to 2 weeks for Stay-at-Home Kits is recommended.

- Ready-to-eat canned meat, fruits, vegetables and a can opener
- Protein or fruit bars
- Dry cereal or granola
- Peanut butter
- Dried fruit
- Canned juices
- Non-perishable pasteurized milk
- High-energy foods (beans, grains, nuts)
- Food for infants or pets
- Comfort/stress foods (chocolates/candy, sauces, seasonings)

Safety and Sanitation

- Without a cold source perishables can become unsafe. Bacteria in food grow rapidly at temperatures between 40 and 140 degrees and if these foods are consumed you can become very sick. Thawed food usually can be eaten if it is still "refrigerator cold." It can be re-frozen if it still contains ice crystals.
- Refrigerated or frozen foods should be kept at 40 degrees Fahrenheit or below for proper food storage
- The refrigerator will keep food cold for about four hours if it is unopened.
- Discard any perishable food such as meat, poultry, fish, eggs or leftovers that have been above 40 degrees Fahrenheit for two hours or more.

Remember "When in doubt, throw it out."

Do:

- Keep food in covered containers.
- Keep cooking and eating utensils clean.
- Throw away any food that has come into contact with contaminated flood water.
- Throw away any food that has been at room temperature for two hours or more.
- Throw away any food that has an unusual odor, color or texture.

For more information or in person training please fill out a participation request form online at SouthKingFire.Org or email CAO@SouthKingFire.Org

- Use ready-to-feed formula. If you must mix infant formula, use bottled water or boiled water as a last resort.

Don't:

- Eat foods from cans that are swollen, dented or corroded, even though the product may look safe to eat.
- Eat any food that looks or smells abnormal, even if the can looks normal.
- Let garbage accumulate inside, both for fire and sanitation reasons.

WATER

Store at least one gallon of water per person per day for several days, for drinking and sanitation.

Buy commercially bottled water and store it in the sealed original container in cool, dark place.

- Never ration drinking water unless ordered to do so by authorities. Drink the amount you need today and try to find more for tomorrow. Minimize the amount of water your body needs by reducing activity and staying cool.
- Drink water that you know is not contaminated first. If necessary, suspicious water, such as cloudy water from regular faucets or water from streams or ponds, can be used after it has been treated. If water treatment is not possible, put off drinking suspicious water as long as possible but do not become dehydrated.
- Do not drink carbonated or caffeinated beverages instead of drinking water. Caffeinated drinks and alcohol dehydrate the body which increases the need for drinking water.

Take the following into account:

- Children, nursing mothers and sick people may need more water.
- A medical emergency might require additional water.
- If you live in a warm climate more water may be necessary. In very hot temperatures, water needs can double.

Boiling

Boiling is the safest method of treating water. In a large pot or kettle, bring water to a rolling boil for one full minute, keeping in mind that some water will evaporate. Let the water cool before drinking.

Boiled water will taste better if you put oxygen back into it by pouring the water back and forth between two clean containers. This also will improve the taste of stored water.