

Preparing ahead for disasters and emergencies is important and can make challenging times easier. When building your emergency food supply kit keep the following tips in mind.

Choose The Right Container

When choosing a container to pack your supplies consider the size of your family, including pets. Your kit needs to be large enough to hold supplies for your entire family. You also need to consider convenience. Use your judgement to decide if your kit should have wheels or straps to allow for quick evacuation. Mark the kit clearly so everyone is aware of the contents.

Food Supply Basics

- Remember any special dietary needs.
- Avoid foods that will make you thirsty.
- Can opener and eating utensils.
- Dry mixes and staple foods that do not require refrigeration.
- Store enough food and water to last several days to a week.
- Choose foods your family will eat that are also high in calories and nutrition.



Recommended Food

- Protein or fruit bars
- Dry cereal or granola
- Peanut butter
- Dried fruit
- Canned juices
- Non-perishable pasteurized milk
- High energy foods
- Food for infants
- Comfort/stress foods
- Trail mix
- Ready-to-eat canned foods
- **Water**



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Ashley Svaty, Nutrition, Food Safety, and Health Agent Email: asvaty@ksu.edu Twitter: @PRDhealth

To access resources and services made available through K-State Research and Extension please contact Ashley or visit any Post Rock District Office.

Do's and Don'ts of Disaster Food Supply Kits

Do:

- Keep food in covered containers.
- Keep cooking and eating utensils clean.
- Discard any food that has come into contact with contaminated flood water.
- Discard any prepared food that has been at room temperature for two hours or more.
- Discard any food that has an unusual odor, color or texture.
- Use ready-to-feed formula. If you must mix infant formula use bottled water, or boiled as a last resort.

Don't:

- Don't eat foods from cans that are swollen, dented or corroded.
- Don't eat any food that looks or smells abnormal.
- Don't let garbage accumulate inside, both for fire and sanitation reasons.

Storing Water:

- Include one gallon of water per person per day for at least three days, for drinking and sanitation.
- Store commercially bottled water in the sealed original container in a cool, dark place.
- If you prepare your own containers, only use clean food grade water storage containers.
- Water that hasn't been commercially bottled should be replaced at least every six months.

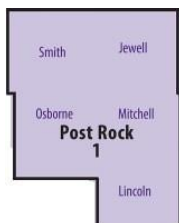
Tip:

Some households pull food for regular meals from their disaster supplies kit and replace them immediately so the kit stays fresh.

For a complete supply kit list visit: <https://www.ready.gov/>



Don't Wait. Communicate. Ready.



Post Rock Extension District

Beloit Office 115 S. Hersey Beloit, KS 67420 (785) 738-3597 **Lincoln Office** 216 E. Lincoln P.O. Box 8 Lincoln, KS 67455 (785) 524-4432
Mankato Office 307 N. Commercial Mankato, KS 66956 (785) 378-3174
Osborne Office 113 N. 1st Street Osborne, KS 67473 (785) 346-2521
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