



The Emergency Food Guide will show you what types of food should be stored in case of an emergency. It also describes ways to store food and informs you of the expected shelf life of different types of food.

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Food Supply and Storage Tips

Have two types of emergency food available:

✓ 72-hour supply of "carry-out"

This should be placed in a pack and stored close to an escape route in a cool, dry, dark place. Following an earthquake we may need to evacuate and be entirely self-sustaining for at least 72 hours. Food and water supplies are essential.

✓ 2-week food supply

The food should be canned or pre-cooked which requires a minimum of preparation time, equipment, heat and water. The food should have a shelf life of 6 months or longer. Avoid foods that increase thirst or spoil quickly.

2-Week Supply Guide. . .

- Choose foods your family likes
- Keep food in the driest and coolest spot in the house - choose a dark area if possible.
- Keep all food covered at all times
- Open food boxes or cans carefully so that you can close them tightly after each use
- Wrap bread, cookies or crackers in plastic bags and keep them in tight containers.
- Empty opened packages of sugar, dried fruits or nuts into screw-top jars or airtight tin cans because insects and rodents may be a problem.
- Do not hoard
- Don't forget canned and non-perishable foods for your pets!
- Date and rotate food supplies stored for emergency use
- Foods in glass bottles and jars may break during an earthquake. Purchase emergency foods in cans whenever possible.

In emergency conditions . . .

. . . the following should keep at cool room temperature for a couple of days. Discard anything that turns moldy or has an unusual color or look:

butter, margarine
fresh fruits and vegetables
dried fruit
fruit juice
fresh herbs and spices
fruit pies
bread roll, cakes, muffins
opened jars of salad dressing, jelly, relish, taco sauce, barbecue sauce, mustard, hard cheese, such as Parmesan, processed cheese, such as American

Discard the following foods . . .

. . . if kept more than two hours at above 40 degrees F.
raw or cooked meat, poultry seafood
milk, cream, yogurt, soft cheese
cooked pasta, pasta salads
custard, chiffon or cheese pies
fresh eggs, egg substitutes
meat-topped pizza, lunch meats
casseroles, stews or soups
mayonnaise, tartar sauce
refrigerator cookie dough
cream-filled pastries

In most cases, refreeze thawed foods that still contain ice crystals or feel very cold, although texture may be affected.

Use within 6 months:

evaporated milk
dried fruit, in metal container
dry crisp crackers in metal container
gum

Use within 1 year:

nonfat dry or whole milk in metal container
canned meat, poultry, fish, vegetables and cereal products, in sealed cans/jars
canned condensed meat and vegetables soups
dehydrated soups, in metal container
canned fruits, vegetables
cereal
hydrogenated fats, vegetable oils
sweets and nuts, hard candy, canned nuts, instant puddings
miscellaneous: coffee, tea, cocoa, dry cream products, bouillon products, flavored beverage products, soda, baking powder

May be stored indefinitely:

sugar, salt

Never light a match if you smell gas or suspect that a gas line may have broken. A fire may ignite. Also remember that turning on a flashlight or a light switch may ignite a spark that may start a fire. Always assess for potential gas leak prior to lighting a match or turning on a flashlight or light switch.