

## Tips for Purchasing, Preparing, and Storing Emergency Food Supply

**Consider the following things when putting together your emergency food supplies:**

- Make a list.
- Store at least a three-day supply per person of perishable and/or non-perishable food. Remember, perishable items more than likely will spoil if not eaten in a timely manner. It is also important to be considerate of others when purchasing; only purchase what you need.
- Choose foods your family will eat. This will help prevent waste and save money.
- Be mindful of any special dietary needs.
- Be aware that highly processed foods often contain a generous amount of sodium which in high amounts can cause increased thirst and/or dehydration.

Suggested emergency food supplies. You may already have many of these on hand.

- Ready-to-eat canned meats, soups, fruits, vegetables. Be sure to have a can opener.
- Protein or fruit bars.
- Dry cereal and/or granola.
- Peanut butter and jelly.
- Dried fruit.
- Canned or bottled juices.
- Water (enough for 64oz/person/day) for 3 days. Remember, be mindful of others when purchasing, only purchase what you need.
- Non-perishable pasteurized milk.
- High energy foods (e.g. eggs, beans, nuts, potatoes, rice).
- Food for infants.
- Comfort/stress foods. In tough times, comfort foods may help alleviate added stress. However, remain mindful of foods high in sugar and sodium. Hot chocolate or tea may also be soothing.

### Food Safety

Perishable food not properly stored in refrigerators and freezers can become unsafe. Bacteria in food grow rapidly at temperatures between 40 and 140 °F, 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. To be safe, remember, “When in doubt, throw it out.”

#### Do:

- Keep food in covered containers.
- Keep cooking and eating utensils clean.
- Discard any food believed to be contaminated.
- Discard any 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 when necessary.
- Americans can continue to use and drink tap water as usual during the COVID-19 pandemic. Please be sure to follow public health guidance as the situation develops.

## **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.
- Eat food that has been exposed to possible contamination
- Eat food that has been improperly handled or stored.
- Let garbage accumulate inside.

## **Sanitation**

### **Clean your hands often**

- Wash your hands often with soap and water for at least 20 seconds before preparing food, when switching from one task to another, or when leaving and re-entering the kitchen.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose anytime while in the kitchen.
- Only use gloves or disposal items if absolutely necessary (utensils shared amongst family members cannot be properly cleaned and disinfected).

### **Clean and disinfect**

- Clean AND disinfect all surfaces before and after preparing each meal. This includes tables, countertops, handles, faucets, and sinks.
- If surfaces are dirty, clean them: Use detergent or soap and water prior to disinfection.
- For more information on how to properly clean and disinfect, please visit the following link [https://www.cdc.gov/coronavirus/2019-ncov/prepare/cleaning-disinfection.html?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fcommunity%2Fhome%2Fcleaning-disinfection.html](https://www.cdc.gov/coronavirus/2019-ncov/prepare/cleaning-disinfection.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fcommunity%2Fhome%2Fcleaning-disinfection.html).

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Ready.gov Official website of the Department of Homeland Security

<https://www.ready.gov/food>

Centers for Disease Control and Prevention

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html>