



Washington Military Department Emergency Management Division

Friday, August 27, 2010



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How much food do you need?

The Canned Food Alliance recommends the *minimum* amount of food is **two cans of food per person, per day and one gallon of water per person, per day**



For most disasters, we recommend a minimum of three days preparation. This should include a sufficient food supply and a minimum of one gallon of water per person per day.

A health crisis - like a pandemic flu - requires longer-term planning. There is a real possibility grocery stores will need to close to help prevent the spread of the disease.

The Washington Departments of Health and Emergency Management recommend preparing for these types of disaster for a *minimum* of one week. When you complete one week's preparation - consider preparing for two weeks.

What should your emergency food supply include? A variety of canned meats, canned fruits and vegetables, grains, canned milk products, ready-to-eat canned foods, and soup.

So, the next time you are at the grocery store, pick up two extra cans of food for your Emergency Food Supply. [How Much?](#)

Remember - the minimum amount of food is two cans of food per person, per day and one gallon of water per person, per day.

Some Suggestions



Suggested Items	Options
	<ul style="list-style-type: none"> • Minimum of 1 gallon per person, per day

Water	<ul style="list-style-type: none"> In hot weather or when vigorous activity is required, additional fluids may be required
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Meats & Ready-to-Eat Food

Suggested Items	Options
Canned meat, tuna, chicken, turkey, chili, beef stew, soup, spaghetti and meatballs, nuts, peanut butter	<ul style="list-style-type: none"> Meat, fish, turkey or chicken, etc.: 1 can Beans: 1 can Peanut butter: 1 Tbsp. Nuts: ½ ounce (approximately 2 handfuls)



Vegetables

Suggested Items	Options
Canned vegetables and vegetable juices	<ul style="list-style-type: none"> Vegetables: 1 regular-sized can Vegetable Juice: 1 small-sized can



Fruits

Suggested Items	Options
Canned fruits, fruit juices, and dried fruit	<ul style="list-style-type: none"> Canned fruit: 1 regular-sized can Juice: 1 small-sized can ¼ cup dried fruit





Milk/Dairy

Suggested Items	Options
Canned, boxed or dried milk and shelf-stable, processed cheese	<ul style="list-style-type: none"> • Evaporated milk: 1 regular-sized can • Shelf-stable milk: 1 box • Dried milk: 1/3 cup • Shelf-stable cheese: 2 ounces



Grains

Suggested Items	Options
Ready-to-eat cereal, crackers, pretzels, instant oatmeal, other non-perishable grain products	<ul style="list-style-type: none"> • Ready-to-eat breakfast cereal: 1 cup • Whole-wheat crackers: 5 • Saltines: 7

What size?

Regular-sized can = approximately 15 ounce can

Small-sized can = approximately 8 ounce can

1 gallon = four - 1 liter bottles

1 gallon = two - 2 liter bottles


~ Plan for food and water for infants, those with special needs, and your pets. ~

Don't forget - have a manual can opener available!

More Preparedness Information:

- [How to Safely Store Water](#) (PDF)
- [Prepare in a Year - Personal and Family Preparedness](#)
- [Prepare Your Home - Getting Ready](#)
- [Emergency Food Supply List](#) (Word)
- [How Much?](#) - Bookmark

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Preventing thirst after a disaster

Water is essential for survival. The ground trembling and shaking caused by earthquakes can crack or break the lines that bring fresh water to your house. You may have to rely for three days or more on the water you have stored.

How much water should I store?

Three (3) gallons for each person in your household is the minimum amount required to take care of drinking, cooking, and hygiene needs for the first 72 hours of a disaster.



Which containers are good?

Plastic containers with a screw-cap lid, such as two-liter soda pop bottles or food-grade plastic jugs, work great.

If you use two-liter soda pop bottles, plan to store at least six (6) of these for each person in your household.

Do not use glass bottles or old bleach bottles (or any container that has held a toxic substance). Glass breaks too easily. The plastic of old bleach bottles contains substances that, over time, get into the water and make it unfit for drinking.

Avoid the use of plastic milk jugs. They are difficult to seal tightly, and their plastic becomes very fragile and brittle over time.

✓ Storing water



1. Choose containers that have a tight-fitting screw-cap lid. Two-liter pop bottles are a great choice.



2. Thoroughly rinse out the container and the lid with water, and **fill it to the very top** of the container. For extra safety, thoroughly rinse the container with a weak solution of liquid chlorine bleach (8-10 drops in two cups water). Empty this solution out and fill the container right to the top with fresh water.

- Seal the container tightly.
- Label it "drinking water" and date it.
- Store it in a cool, dark place. Examples:
 - under the bed
 - in the corner of closets
 - behind the sofa

Hint: To make it easy to find many places to put your water, think about this activity as a priority rather than an inconvenience.

Can I improve the taste of stored water?

Stored water will taste better if you put oxygen back into it by pouring the water back and forth between two clean containers several times.

Is adding liquid bleach recommended?

In March, 1994, the Food and Drug Administration and the Environmental Protection Agency stated:

- Tap water does not need anything added to it before it is stored because it has already been chemically treated.
- Commercially purchased water does not need anything added to it. Keep it in its original, sealed container.

What about rotation?

It is recommended that water be rotated every six months.

Treating water of questionable purity:

1. Filter the water to remove as many solids as possible. Coffee filters, cheesecloth, or several layers of paper towels work well.
2. Bring the water to a rolling boil for a full 10 minutes.
3. Let it cool for at least 30 minutes. Water must be cool or the chlorine you add next will dissipate and be rendered useless.
4. **Add 1/8 teaspoon of liquid chlorine bleach per gallon of cool water, or 8 drops per two-liter bottle.** The only active ingredient in the bleach should be 6.00% sodium hypochlorite, and there should be no added thickeners, soaps or fragrances.
5. Let it stand for 30 minutes.
6. If it smells of chlorine, you can use it. If it does not smell of chlorine, add 16 more drops of chlorine bleach per gallon, let it stand for another 30 minutes, and smell it again. If it smells of chlorine, you can use it.

If it does not smell of chlorine, discard it and find another source of water.

Distillation - A second method of purification:

1. Fill a pot halfway with water.
2. Tie a cup to the handle on the pot's lid so that the cup will hang right-side up when the lid is placed upside-down on the pot (make sure the cup is not dangling in the water).
3. Boil the water for 20 minutes. The water that drips from the lid into the cup is distilled.

This method allows the vapor resulting from boiling water to collect in the cup. This condensed vapor will not include salts or other impurities.

Additional information:

- The only thing that should be used to purify water is liquid household bleach containing 6.00% sodium hypochlorite and no thickeners, soaps or scents.

Other chemicals, such as iodine or products sold in camping or surplus stores have a short shelf life and **ARE NOT RECOMMENDED AND SHOULD NOT BE USED.**

- Boiling water kills bacteria, viruses, and parasites that can cause illness. Treating water with chlorine bleach kills most viruses, but will probably not kill bacteria. Therefore, boiling and then adding chlorine bleach is an effective water purification method.
- The only accepted measurement of chlorine is the drop. A drop is specifically measurable. Other measures, such as "capful" or "scant teaspoon" are not uniformly measurable, and should not be used.
- There is no difference in the treatment of potentially contaminated water that is cloudy or that which is clear.

SOURCE: FDA and EPA Report, 1994



distillation is an effective method of water purification





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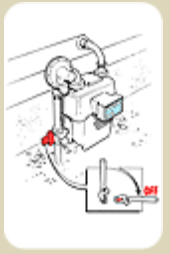




It won't happen here. We can have a tendency to think that disasters will not happen where we live. Recent years however have proven it can - severe winter storms, floods, and extended power outages have occurred across our state. We must accept this as reality and assume responsibility by taking action to prepare ourselves, our loved ones, homes, pets and neighborhoods.

Key to Success:



Choose one hour each month to complete the designated activity and write it on your planning calendar.

1. Action Plan	2. Out of Area	3. Water	4. 72-hour	5. Important	6. Extended

Contact	Comfort Kit	Documents	Events		
			Video: -Turn off Water -Extra Water Source		
					
7. Under the Bed Items	8. Utility Safety	9. Drop, Cover & Hold	10. Fire Safety	11. Shelter in Place	12. Home Hazard Hunt
	Video: Turn off: -Water -Electric -Propane -Natural Gas		Video: P.A.S.S.	Video: SIP	



Need more help?

Take a few minutes to view more "How To" video clips:


- [Using a fire extinguisher](#)
- [Set up and safely operate a generator](#)
- [Personal safety near downed power lines](#)
- [More videos on how to protect and secure your home](#)


Additional Information

- [Prepare in a Year Booklet \(PDF\)](#)
- [Emergency Food Supply](#)
- [Food Safety - Prepare for disasters](#)
- [Completing the Out of Area Contact Card \(PDF\)](#)
- [Vehicle Safety and Preparedness \(PDF\)](#)

- [Pandemic Flu Information](#)
- [Shelter-in-Place for Home, Business, School, Hospitals \(QuickTime Video\)](#)
- [NOAA Weather Radio Frequencies](#)
- [Emergency Alert System \(EAS\) Location Codes](#)

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Home Preparedness - Getting Ready

Action is the best antidote to worry...

...view the impact that a 6.7 magnitude earthquake can have on a home not properly prepared.



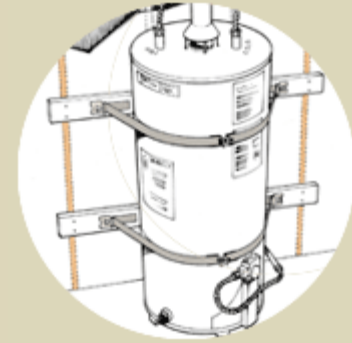
[Secure Wall Hangings \(PDF\)](#)

- How to Videos:**
- Finding a wall stud
 - Secure wall hangings



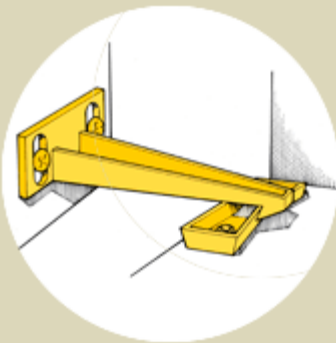
[Secure Tall Furniture & Objects \(PDF\)](#)

- How to Videos:**
- Trip to the hardware store
 - Finding a wall stud
 - Secure with hardware
 - Secure with a strap



[Secure Water Heater \(PDF\)](#)

- How to Videos:**
- Finding a wall stud
 - Secure water heater
 - Drain water heater



[Kitchen & Cabinet Safety \(PDF\)](#)

[Garage and Storage Safety \(PDF\)](#)

[Structural Mitigation \(PDF\)](#)

- How to Videos:**
- [Secure cabinets](#)
 - [Secure dishes/contents](#)

Need more help?

Take a few minutes to view our **"How To" video clips:**

- [How to shut off propane gas](#)
- [How to turn off electricity at the circuit box](#)
- [How to turn off residential water](#)
- [Set up and safely operate a generator](#)
- [More videos on how to prepare for disasters](#)

Additional Information:

- [View the impact of an earthquake on a home not properly prepared](#)
- [Home Preparedness - Getting Ready Booklet \(PDF\)](#)
- [Earthquake Home Hazard Hunt \(PDF\)](#)

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What Should Your Emergency Pantry Look Like?

Suggested by the Canned Food Alliance



The last thing people probably think about in an emergency situation is consuming the proper quantities and varieties of food to meet the daily recommended amounts. The Canned Food Alliance suggests stocking your emergency pantry with a variety of nutrient-rich foods and recommends keeping the following amounts of food and water per person, per day.

Food Group	What Counts	Recommended Amounts (Per person for 2,000 calories a day)	Pantry Options (Per person, per day)
Meats & Beans	Canned meat, chicken, turkey, seafood and other protein-rich foods, such as beans (legumes), nuts and peanut butter	Enough to provide 5 1/2 ounces per day	<ul style="list-style-type: none"> 1 can (5 ounces) meat, fish, chicken or turkey 1 can (15 ounces) beans (provides about 1 3/4 cups beans to equal about 7 ounces meat) Keep peanut butter and nuts on hand: 1 Tbsp. peanut butter or 1/2 ounce nuts is equivalent to 1 ounce meat
Vegetables	Canned vegetables and vegetable juices	Enough to provide about 2 1/2 cups per day	<ul style="list-style-type: none"> 1 can (14 1/2 ounces) (provides about 1 1/3 cups) 1 can (8 ounces) (provides about 1 cup)
Fruits	Canned fruits and fruit juices	Enough to provide about 2 cups per day	<ul style="list-style-type: none"> 1 can (8 ounces) (provides about 1 cup) Keep dried fruit on hand: 1/4 cup dried fruit is the equivalent of 1/2 cup canned fruit
Milk	Canned, boxed or dried milk and shelf-stable, processed cheese	Enough to provide 3 cups of fluid milk equivalent per day	<ul style="list-style-type: none"> 1 can (12 ounces) evaporated milk (provides about 3 cups fluid milk) 1 box (1 quart) shelf-stable milk Keep dry milk and shelf-stable, processed cheese on hand: 2 ounces processed cheese or 1/3 cup dry milk is equivalent to 8 ounces of milk
Grains	Ready-to-eat cereal, crackers, pretzels, instant oatmeal or other non-perishable grain products (granola, granola bars) that don't require cooking	Enough to provide 6 ounces of grain equivalent per day	<ul style="list-style-type: none"> 1 ounce is 1 cup ready-to-eat breakfast flakes or 5 whole-wheat crackers or 7 saltines
Water		Enough for 1 gallon per day	<ul style="list-style-type: none"> In hot weather or when vigorous activity is required (perhaps during storm clean up), people may perspire more and may need to plan to have additional fluids on hand.

Remember to have other non-perishable items on hand such as canned chili, soup and spaghetti, trail mix, instant pudding, mustard, catsup, vinaigrette-type salad dressing, cookies and perhaps candy. Plan ahead to keep any unused canned products in a well-chilled cooler. Plan for food and water for infants, those with special health needs and don't forget your pets.

NOTE: Suggested amounts reflect the amount of food in common sizes of canned products, and help people consume amounts close to the USDA's MyPyramid recommendations.



Why?

Stores may close during a health crisis, like the pandemic flu, to reduce the spread of disease.



www.emd.wa.gov/preparedness



how to →
prepare

It's Easy!

Store
2 cans of food
per person per day.*
Prepare for at least 7 days.



www.emd.wa.gov

$$\frac{\text{people in household}}{\text{people in household}} \times \frac{2}{\text{cans / day}} \times \frac{7}{\text{days}} = \frac{\text{cans to buy}}{\text{cans to buy}}$$

*suggested minimum by
Canned Food Alliance
www.mealtime.org