

FOOD & FOOD STORAGE

Store enough food for everyone in your family to last for at least 3 days. The food you choose should be nutritious and filling; high in fiber and complex carbohydrates; and should supply at least 2000 calories per day for an adult and 1500 calories per day for a child. Here are some ideas...

- Store food items that are familiar, rather than buying special “emergency” food
- Consider any dietary restrictions you may have
- Ideal foods do not require refrigeration or cooking. Examples of non-perishable food would include:
 - Canned meat (tuna, chicken, turkey, Vienna sausage, SPAM)
 - Canned beans, fruits, vegetables, soups/stocks, stews, spaghetti, chili
 - Cooking/baking ingredients (spices, herbs, salt, bouillon, dry yeast, baking powder, baking soda, sugar, flour)
 - Protein, granola, or fruit bars
 - Dry cereal/grains and/or dried fruit
 - Instant soup and/or cereal
 - Peanut butter & jelly/jam
 - Nuts and trail mix; fruit snacks
 - Comfort foods (crackers, cookies, hot cocoa mix, instant coffee, tea)
 - Canned juices
 - Baby formula; jarred/canned baby food
 - Dry/canned pet food
- Mark a rotation date on any food container that does not already have a manufacture’s expiration date on the package
- Replace food and water in your 72 hour GO-bags every 6 months to keep things fresh. You don’t have to throw the old food away. Make updating your kits a family activity and eat the food as a treat.
- In your 72 hour go-bags—it may be helpful to separate your food by the person it is for, the day it is to eaten and the meal. Put the food into individual freezer bags and clearly label them. This will help you remember when the food is supposed to be eaten and prevents you from forgetting something.
- Include baby food, formula or other special diet items for infants or seniors
- The ideal location to store canned or dried foods is a cool, dry, dark place. The best temperature is 40 to 60 degrees Fahrenheit. Keep foods away from ranges or refrigerator exhausts. Heat causes many foods to spoil more quickly. Try not to store it in your garage.
- Keep foods away from petroleum products, such as gasoline, oil, paints, and solvents. Some food products absorb their smell.
- Protect food from rodents and insects. Items stored in boxes or in paper cartons will keep longer if they are heavily wrapped or stored in airtight containers.
- Canned foods and dried mixes will remain fresh for about 2 years. Low acid foods like meat products, fruits or vegetables will normally last at least 2 years. Use dry products, like boxed cereals, crackers, cookies, dried milk or dried fruit within six months.
- Do not consume food from cans that show any signs of deterioration (rust or bulging)
- After a power outage, refrigerated food will stay cold longer if you keep the door closed. Food should generally be consumed within 4 hours. Food in the freezer will normally remain safe for 2 days.



KEEP IN MIND:

One of the more difficult problems people face with food storage is where to store it? If you do not have a specific room/closet set aside for food storage here are a few other possible ideas...

- Under beds in boxes for easy retrieval
- Between the couch and the wall
- Between bed headboard and wall
- Along wall of closet underneath hanging clothes
- Stack up boxes & put a plywood tabletop & cover with tablecloth for an end table



WATER & WATER STORAGE

Although it is difficult and impractical to store water in large quantities, in a disaster, water supplies may be cut off or contaminated. Store enough water for everyone in your family to last for **at least 3 days, but some experts recommend that a two-week emergency water supply be kept**. Store at least fourteen gallons per person — seven for drinking and seven for other uses. Store even more if there is a baby to care for. Regardless of how much storage you are looking to build up, the recommended amount is one gallon per person per day. So, a family of four would need 120 gallons for a one month supply; this would equate to about 2 of the 55 gallon barrels.

- Store one gallon of water per person, per day. This amount will be adequate for general drinking purposes. *Individual needs vary, depending on age, physical condition, activity, diet, and climate.*
- You will also need water for food preparation, bathing, brushing teeth, and dish washing. At the very minimum it is advised to store at least a three to five day supply of water (at least 5 gallons for each person).
- Remember to plan for your pets.
- Children, nursing mothers, and people who are sick will need more water.
- Very hot temperatures can double the amount of water needed.

If you store tap water:

- Tap water from a municipal water system can be safely stored without additional treatment.
- If the water you are using is coming from a well or water source that is not treated with chlorine, add two drops of non-scented liquid household chlorine bleach to the water.
- Store water in food grade plastic containers, such as clean 2-liter soft drink bottles (1 gallon = approx. 4 liters) Heavy duty, reusable plastic water containers are also available at sporting goods stores.
- Do not use plastic jugs or cardboard containers that have had milk or fruit juice in them. Milk protein and fruit sugars cannot be adequately removed from these containers and provide an environment for bacterial growth when water is stored in them. Cardboard containers also leak easily and are not designed for long-term storage of liquids.
- Thoroughly clean the plastic soda bottles with dishwashing soap and water, and rinse completely so there is no residual soap. Sanitize the bottle by adding a teaspoon of non-scented liquid household chlorine bleach to a quart of water. Swish the sanitizing solution in the bottle so that it touches all surfaces. After sanitizing the bottle, thoroughly rinse out the sanitizing solution with clean water.
- Fill the bottle to the top with regular tap water. Tightly close the container using the original cap. Be careful not to contaminate the cap by touching the inside of it with your finger.
- Place a date on the outside of the container so that you know when you filled it.
- Store water in a cool, dark place. Avoid placing water containers in areas where toxic substances, such as gasoline and pesticides, are present. Vapors may penetrate the plastic over time.
- Replace water at least once every six months.

Larger Water Storage Containers:

- When choosing a water storage container, remember that water weighs 8 pounds per gallon.
- If you can afford it, it is worth the expense to invest in 5 gallon jugs, or 30-55 gallon barrels (as the plastic is thicker & stores better).
- Rinse the container/barrel out thoroughly before filling them. New water barrels should be rinsed out for debris left by manufacturing process but if you don't want to, it is not going to hurt you.
- Place the 30-55 gallon containers, where you want them, BEFORE filling them. A filled 55 gallon barrel weighs about 483 lbs.
- Fill them up, using a White "drinking" hose, if possible, as the green or black garden hoses tend to have lead in them.
- Do not store directly on cement, always store them on a pallet or platform.

If you buy commercially bottled “spring” or “drinking” water:

- Keep water in its original container, and don't re-store a bottle once it's been opened.
- Label bottles with the replacement date, and store in a cool, dark place.
- Avoid placing water containers in areas where toxic substances, such as gasoline and pesticides, are present. Vapors may penetrate the plastic over time.
- Replace water at least once each year if bottles are not marked with the manufacturer's expiration date. Rotate bottles every 2-3 months, if temperatures consistently exceed 120 degrees—like in a hot car, over the summertime. The chemical reaction with the heat and plastic, can cause health problems. Manufactured water bottles can be rotated every year, if stored properly.
- 1 case of 24 bottles (16.9oz) = 3 gallons of water
- Do Not purchase water in “milk jug” plastic for long term storage. The plastic is more porous and will break down, especially in heat. For short term, store in a cool place, and rotate every 3 months.
- Check containers every few months for leaks. At the same time check the water for cloudiness or undesirable appearance or taste. If undesirable appearances or tastes have developed, the water should be discarded.

Treating Water After a Disaster:

If you run out of stored drinking water, strain and treat water from your water heater or the toilet reserve tank (except if you use toilet tank cleaners). You cannot drink swimming pool or spa water, but you can use it for flushing toilets or washing.

Flood water can be contaminated by toxic chemicals. Do NOT try to treat flood water.

DO NOT USE contaminated water to wash dishes, brush your teeth, wash and prepare food, or make ice.

Treatment Process:

- Begin by straining any large particles of dirt by pouring water through a couple layers of paper towels or clean cloth.
- Next, purify the water one of two ways:

Boil—boiling water kills harmful bacteria and parasites. Bringing water to a rolling boil and maintaining for 3-5 minutes will kill most organisms. After the water cools, pour it back and forth between two clean containers to add oxygen back; this will improve its taste.

Disinfect—if the water is clear, add 8 drops (1/8 teaspoon) of bleach per gallon of water. Make sure you are using regular bleach—5.25% percent sodium hypochlorite—rather than the “ultra” or “color safe” bleaches. Shake or stir, then let stand 30 minutes. A slight chlorine taste and smell is normal.



55-gallon container



5-gallon container(s)



1-gallon container



Case of 24 bottles (16.9oz)
equals 3 gallons

Butte County Environmental Health:
[http://www.buttecounty.net/publichealth/
environmental/environmental.html](http://www.buttecounty.net/publichealth/environmental/environmental.html)

Contact Number: (530) 538-7281