

## March: Food

**TASK:** Collect and store a 72 hour food supply for all household members.

The following are things to consider when putting together your food supplies:

- Avoid foods that will make you thirsty. Choose salt-free crackers, whole grain cereals, and canned foods with high liquid content.
- Stock canned foods, dry mixes, and other staples that do not require refrigeration, cooking, water, or special preparation. You may already have many of these on hand. (Note: Be sure to include a manual can opener.)
- Include special dietary needs.

Supplies	
Ready-to-eat meats, fruits, and vegetables	<input type="checkbox"/>
Canned or boxed juices, milk, and soup	<input type="checkbox"/>
High-energy foods such as peanut butter, jelly, low-sodium crackers, granola bars, and trail mix	<input type="checkbox"/>
Vitamins	<input type="checkbox"/>
Special foods for infants or persons on special diets	<input type="checkbox"/>
Cookies	<input type="checkbox"/>
Instant coffee	<input type="checkbox"/>
Cereals	<input type="checkbox"/>
Powdered milk	<input type="checkbox"/>

- Keep canned foods in a dry place where the temperature is cool.
- Store boxed food in tightly closed plastic or metal containers to protect from pests and to extend its shelf life.
- Throw out any canned good that becomes swollen, dented, or corroded.
- Use foods before they go bad, and replace them with fresh supplies.
- Place new items at the back of the storage area and older ones in the front.
- Change stored items every six months.
- Be sure to write the date you store it on all containers.