

# !! Be Ready Saginaw County!!

## October's Objective: FOOD AND WATER

Disasters happen anytime and anywhere without warning.

When disaster strikes it is easier to cope when you are prepared.

!! Be Ready Saginaw County!! recommends storing a 2 week supply of food and water.

### WATER

- One gallon of water per person per day, for drinking and sanitation
- Children, nursing mothers, and sick people may need more water
- If the weather is warm, you may need more water
- Store commercially bottled water or store tap water in tightly sealed clean plastic containers (such as soft drink bottles)

#### **Where can I find these items?**

Local grocery stores will have the items you need to buy to create an emergency food and water supply.

#### **How much will this cost?**

The cost of the emergency food and water supply will depend on the number of people in your household and the items you buy.

#### **Tips for success...**

Date your food with a marking pen and rotate your supply every 6 – 12 months. Be sure to pay attention to "Use By" dates and dispose of any outdated items.

For more information visit [www.ready.gov](http://www.ready.gov)

### FOOD

- Store a two-week supply of non-perishable food for each person in the household
- Pack a manual can opener and eating utensils (forks, spoons)
- Choose foods your family will eat
- Select foods that require no cooking, refrigeration, or preparation, and little or no water.
  - Ready to eat canned meats, fruits and vegetables
  - Soups, bouillon cubes or dried soups in a cup
  - Protein or fruit bars
  - Dry cereal or granola
  - Peanut butter
  - Dried fruit
  - Nuts
  - Crackers
  - Canned juices
  - Powdered milk
  - Instant food and food for people with special diets
  - Comfort foods – cookies, candy, instant coffee, teabags
- Pet food

