

Emergency Goods Storing example

The Concept: Buy extra food and daily essentials to last three to four days, consume items in your daily life, replenish items as you use them, always maintain a little more than you need.

Food

- Water, min. 4 litres per person per day
- Ready to eat canned meats, fruits, vegetables
- Heat and eat ready rice or noodles
- Protein or fruit bar
- Dry cereal or granola
- Peanut butter or similar
- Dried fruit
- Juice (fruit and vegetable)
- Non perishable milk or milk powder
- Powdered Infant formula
- Snacks and sweets
- Pet food

Choose food your family will eat.
Remember any special dietary.

Daily Items

- Can opener
- Scissors
- Lighter
- Plastic bags
- Plastic wrap
- Paper towel
- Toilet paper & tissue paper
- Disinfecting wet wipes
- Batteries
- Diapers
- Bleach

**Food Safety: Bacteria growth in food can make a stressful situation even worse.
Remember “When in doubt, throw it out”.**

Do:

- Throw away any food that has been at room temperature for two hours or more or has an unusual odor, colour or texture.
- Keep cooking and eating utensils, plates and pots clean.
- Keep food in covered containers.

DON'T:

- Eat foods from cans that are swollen, dented or corroded.
- Eat any food that looks or smells abnormal.
- Let garbage accumulate inside.

To heat food in a can:

1. Remove label.
2. Thoroughly wash and disinfect the can (1 part bleach to 10 parts water)
3. Open the can before heating

Managing Food without Power

Keep the refrigerator and freezer doors closed as much as possible * Use a refrigerator thermometer to check temperature (5° C or below for proper storage)* refrigerated food should be safe as long as the power was out for no more than four hours.* Discard any perishable food such as meat, poultry, fish, or leftovers that have been above 5° C for two hours or more.