



NEVADA EARTHQUAKE SAFETY COUNCIL

EMERGENCY FOOD SUPPLY

Why?

In an emergency such as a large earthquake, food suppliers such as grocery stores will probably sustain heavy damage and will not be available for several days. Roads may be blocked and extended power outages could occur.

WHAT SHOULD I DO?

Prepare an emergency food supply that will last each individual several days or as much as a week. Use foods that your family likes. Canned foods, dry mixes, dehydrated fruit, etc. that are normally used will do just fine. Try for a balance meal approach. Don't forget a manual can opener in the event of a power outage. Foods stored in dark, cool areas lasts longer. Rotate food items from storage at least once or twice a year to avoid spoilage and keep freshness. It may be helpful to write the date on the items the day they were stored.

WHAT ABOUT FOODS IN REFRIGERATORS OR FREEZERS?

Perishable foods such as milk, meats; etc. that are normally stored under refrigeration will spoil quickly without it. If still cold, these foods should be used first. Foods in freezers can last several days without power if the door is not opened frequently.

WHAT NOT TO DO...

- If perishable foods lose refrigeration and become warm, DO NOT USE. Bacteria grows rapidly without refrigeration, and may cause food poisoning.
- If canned foods have been damaged and are bulging or leaking, DO NOT USE.
- DO NOT USE food from open containers where broken glass is present, have or where household chemicals have spilled.
- Unsealed containers and those that have been punctured by rodents or have rodent droppings should NOT BE USED.

There are several reputable suppliers of prepared emergency food supplies for individuals, families and business. Check your Yellow Pages for a distributor nearest you.

AFTER AN EARTHQUAKE, BE PREPARED FOR AFTERSHOCKS, AND PLAN WHERE YOU WILL TAKE COVER WHEN THEY OCCUR!!