



## May's Featured Item: Food

We hope that you have taken the time to gather your extra medications and items for hygiene. Whether you are preparing for an earthquake or just want to be ready for what life has to throw your way, being prepared is better than being panicked. Remember that each month we are going to focus on one item a month to help make putting a kit together a little easier.

Other than public health and emergency preparedness, there is nothing we like more than delicious food. We don't know about you, but we are not willing to sacrifice food in an earthquake, fire, or a bad day. That's why we are taking this month to focus on non-perishable foods.

Not sure what foods are good to store in case of an emergency? We have made a list of recommendations according to the CDC and FEMA.

When gathering your food supply:

- Store at least three days of non-perishable food
- In case you aren't sure what non-perishable foods to consider, FEMA lists a few: <http://www.ready.gov/food>
- Choose foods everyone in your family or group will eat
- Avoid buying foods that will make you thirsty (for example, salty foods)
- Remember to buy foods for any special dietary needs (food allergies, food for babies and toddlers, people who are ill, the elderly, etc.)

You may also want to consider storing a manual can opener along with your non-perishable foods.

It is also important to avoid consuming canned goods that are swollen or dented. If a can is dented, it may be possible for bacteria to get inside.

You can purchase non-perishable foods at any grocery store.

If you need more information on how or where to properly store your food supply, check out the link below to the CDC.

<http://emergency.cdc.gov/preparedness/kit/food>