



Family Nutrition In Action

August 2003, Vol 8, No 8



This newsletter is supported with funding from the Expanded Food and Nutrition Education program, USDA's Food Stamp Program, Florida Department of Children and Families, and University of Florida Cooperative Extension Service, in collaboration with state, county, and local agencies. The Food Stamp Program gives nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-342-9274 (toll-free).



Be Ready With Enough Water and Food In Case There Is A Hurricane

Before a Hurricane

Keep enough food and extra **drinking** water to last for at least three days. Store enough water for all the members of your household. Store at least one gallon per person for each day.

Consider having enough supplies for up to two weeks.

Use a marker and write the date on each food.

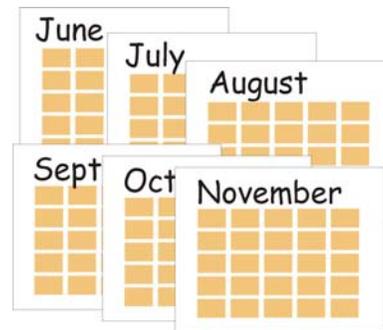
Replace items in your emergency food supply every six months. Throw out any canned goods that become swollen, dented, rusted or corroded.



During a Hurricane Threat

Be sure you have enough drinking water and food to last at least three days for everyone in your household.

If you are evacuating, be prepared to take your emergency food and water with you.



After a Hurricane

Do not drink tap water and do not prepare food with the tap water until the officials let you know that the water is safe.

If you are asked to be a volunteer in the disaster area, be sure to take your own food and drinking water. It is important to be able to survive on

your own after a disaster. Basic services, such as electricity, gas, water, sewage treatment, and telephones may be off for days. These services may be off for even a week or longer. Transportation may not be available even if you have your own car. Roads may be closed.

What foods should be included in your disaster supply kit?

Try to include the nutritious choices that you and your family enjoy eating. Also, try to include foods that do not require special preparation.

Canned foods make good choices because they do not need cooking, water, or special preparation. You do need a hand operated can opener. Remember, the electricity may be off, so don't count on an electric can opener.

Cereals and dry mixes can be kept in tightly closed plastic or metal containers.

Here is a list of good choices to help you plan for an emergency:

- Canned ready-to-eat meats, such as tuna, salmon, sardines, and chicken
- Canned fruits, such as peaches, pears, oranges, plums and applesauce
- Canned vegetables, such as carrots, garbanzo beans, baked beans, corn, and tomatoes
- Canned or boxed juices, milk or soup

- High-energy foods like peanut butter, jelly, low-sodium crackers, granola bars, trail mix and unsalted nuts
- Vitamins
- Foods for infants
- Foods for persons on special diets
- Cookies and hard candy
- Instant coffee and tea
- Cereals
- Powdered milk



How Much Water Should Be Stored?

Store at least one gallon of water per person for each day. A normally active person needs at least two quarts of water for drinking. In some situations, more water is needed:

- Children and nursing mothers need more.
- People who are ill need more.
- Very hot temperatures can double the amount of water needed by everyone.

In addition to drinking, water will be needed for sanitary purposes, and possibly for cooking.

Store water in clean, safe containers.



- Use thoroughly washed plastic, fiberglass or enamel-lined metal containers.
- Don't use containers that can break, such as glass bottles.
- Never use a container that has held a toxic substance.

Change stored water every six months. Be sure to write the date on the container when you store the water.

What Kitchen Items Should Be In The Emergency Kit?

- Manual can opener
- Paper cups and plates
- Plastic spoons, forks, and knives
- All-purpose knife
- Sugar, salt and pepper
- Aluminum foil and plastic wrap
- Re-sealing plastic bags
- Household liquid bleach to treat drinking water
- If food must be cooked, small cooking stove and a can of cooking fuel



Water is essential for survival. Plan to have about one gallon of water per person for each day for drinking, cooking, and personal hygiene. More

water may be needed if there are medical emergencies.

On the average, a person should drink between two and two-and-one-half quarts of water each day.

In any case, a person absolutely should drink at the least one quart of water each day.

Water cannot be safely rationed. However, food can be rationed except for children and pregnant women or others in special situations. For example, healthy people can decrease their activities and survive for an extended period of time on half the amount of food that they usually eat.



Remember, it is important to be able to make it on your own after a disaster. You should be prepared with enough food and water for at least three days. If you or someone in your household will need special help, find out now where that help is available in your community.

Source of information: Federal Emergency Management Agency (FEMA): ARE YOU READY? A Guide to Citizen Preparedness. H-34/September 2002. FEMA. Washington, D.C. 20472

For more information, request the following publications from FEMA online at <http://www.fema.gov/library> or by calling FEMA's Distribution Center at 1-800-480-2520.

- Your Family Disaster Supplies Kit (L-189). Provides a checklist of emergency supplies that should be kept in the home and contained in a Disaster Supplies Kit. Also available in Spanish.
- Emergency Food and Water Supplies (I-210). Explains how to choose food for an emergency kit, emergency cooking, water purification, where to locate emergency food and water supplies in the home.

For additional information, contact your local County Extension Office:



Institute of Food and Agricultural Sciences

The Institute of Food and Agricultural Sciences (IFAS) is an Equal Employment Opportunity _ Affirmative Action Employer authorized to provide research, educational information and other services only to individuals and institutions that function without regard to race, color, sex, age, handicap or national origin.

U.S. DEPARTMENT OF AGRICULTURE, COOPERATIVE EXTENSION SERVICE, UNIVERSITY OF FLORIDA, IFAS, Florida A. & M. UNIVERSITY COOPERATIVE EXTENSION PROGRAM, AND BOARDS OF COUNTY COMMISSIONERS COOPERATING.