Now that you’ve started your emergency supply of water: Food should be next!

This month, focus on emergency food. Stock canned foods, dry mixes and other staples that do not require refrigeration, cooking, water or special preparation. Include a manual can opener and eating utensils.

Tips for Storing Food
- Build up slowly. Buy a little bit extra each time you shop.
- Use durable containers. Consider purchasing pre-assembled kits and meals ready to eat (MRE’s.)
- Keep it healthy. Use veggies, fruit, canned tuna, chicken and salmon.
- If you are worried about a water shortage, consider items that contain liquids, such as canned soup. You can drink this liquid and make the 14 gallons of water you have stored last a little longer.
- Store food off the floor in sealed, multi-barrier containers in case of flooding or rodents.
- Store in an area with a cool, stable temperature. Heat and humidity may shorten shelf life.
- Check expiration dates and toss foods that have been damaged.

Food Types to Store
- Ready-to-eat canned meats
- Fruits and vegetables
- Protein/fruit bars
- Non-perishable pasta
- Powdered milk
- Rice/beans
- Dry cereal/granola
- Peanut/almond butter
- Dried fruit
- Canned foods
- Honey
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- Honey
- Powdered milk
- Rice/beans
- Ready-to-eat canned meats
- Fruits and vegetables
- Protein/fruit bars
- Non-perishable pasta
- Powdered milk

Lose power? Keep the fridge, freezer, or cooler closed as much as possible. Use a thermometer - cold food temps should not exceed 40 degrees. Discard perishables that are warmer than 40 degrees for more than 2 hours. Thawed food can be eaten if it is still “refrigerator cold” or refrozen if it still contains ice crystals.

Click here for other emergency preparedness tips

Have you built an emergency supply of food? Send pictures of your progress to communications@tvwd.org. We will feature customer photos in future newsletters.