



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



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.

