

Kent County Health Department  
**Disaster Supplies Kit**  
**Water & Food**



Disasters happen anytime and anywhere. When disaster strikes, you may not have much time to respond. Your family will cope best by preparing for disaster before it strikes. One way to prepare is by putting together a Disaster Supplies Kit. Once disaster hits, you won't have time to shop or search for supplies. If you've gathered supplies in advance, you'll be prepared for an evacuation or home confinement.

The following items should be in your water and food supply kit:

**Water**

- One gallon of water per person per day, for drinking and sanitation.
- Children, nursing mothers, and sick people may need more water.
- If you live in a warm weather climate, more water may be necessary.
- Store water tightly in clean plastic containers such as soft drink bottles. Avoid using containers that will decompose or break, such as milk cartons or glass bottles.
- Keep at least a three-day supply of water per person.

**Food**

- Store at least a three-day supply of non-perishable food per person.
- Select foods that require no refrigeration, preparation or cooking and little or no water.
- Pack a manual can opener and eating utensils.
- Choose foods your family will eat.

- Ready-to-eat canned meats, fruits, and vegetables
- Soups – bouillon cubes or dried soups in a cup
- Protein or fruit bars
- Dry cereal or granola
- Peanut butter
- Dried fruit
- Nuts
- Crackers
- Canned juices
- Non-perishable pasteurized milk
- High energy foods
- Vitamins
- Food for infants or people on special diets
- Comfort/stress foods – cookies, hard candy, instant coffee, teabags

Keep the items you would most likely need during an evacuation in an easy-to-carry container such as a suitcase on wheels, a plastic storage container, a camping backpack or a duffel bag.

For more information, contact the local chapter of the American Red Cross or visit their website at [www.redcross.org](http://www.redcross.org)

Adapted from [www.ready.gov](http://www.ready.gov) and [www.redcross.org](http://www.redcross.org)