**GET READY! Kent County**

Twelve Month Citizen Preparedness Program

**Fact Sheet**

**SEPTEMBER: FOOD AND WATER**

Disasters happen anytime and anywhere. When disaster strikes, it is easier to cope when you are prepared. Get Ready! Kent County recommends storing a two-week emergency supply of food and water.

### WATER
- One gallon of water per person per day, for drinking and sanitation
- Children, nursing mothers, and sick people may need more water
- If the weather is warm, you may need more water
- Store commercially bottled water or store tap water in tightly sealed clean plastic containers (such as soft drink bottles)

### FOOD
- Store a two-week supply of non-perishable food for each person in the household
- Select foods that require no cooking, refrigeration, or preparation, and little or no water
- Pack a manual can opener and eating utensils (forks, spoons)
- Choose foods your family will eat
- Ready to eat canned meats, fruits and vegetables
- Soups- bullion 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
- Infant food or food for people with special diets
- Comfort/stress foods- cookies, hard candy, instant coffee, teabags
- Pet food

### Tips for success....
- Date your food with a marking pen and rotate your supply every 6 to 12 months. Be sure to pay attention to “Use By” dates and dispose of any outdated items.

### Where can I find these items?
Local grocery stores will have the items you need to buy to create an emergency food and water supply.

### How much will this cost?
The cost of your emergency food and water supply will depend on the number of people in your household and the items that you buy.

### For more information....

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[www.accessKent.com/getready](http://www.accessKent.com/getready)