

# 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

#### **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.

#### **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Be sure to pay attention to "Use By" dates and dispose of any outdated items.

#### **For more information....**

Visit [www.ready.gov](http://www.ready.gov) and [www.ggr.redcross.org](http://www.ggr.redcross.org).

