

Emergency Food Storage



If a bad storm or earthquake hits and there is no way to buy food, you'll need to have enough food storage on hand to last your family a few weeks. Non-perishable items such as canned or dehydrated foods can be stored for long periods of time and can be prepared without cooking or electricity. Add a few items to your food storage each time you go grocery shopping to help save money and to keep your storage up to date. For more information and additional resources, visit utah.gov/beready.

- Take an inventory of your home food storage every 3 months. Make a list of what you currently have, as well as items that you still may need in an emergency
- Check your water supply and make sure that you have plenty of water for drinking, food preparation and personal hygiene
- Purchase ingredients that you typically use to prepare meals. Rotate your food storage to prevent spoilage. Try to avoid foods with excess sodium (they make you thirsty) or foods that require lots of water to prepare
- Include a durable can opener in your emergency storage
- Consider purchasing a supply of freeze-dried items as your budget and circumstances permit
- Make sure that you include utensils, cookware, and heat sources to use during an emergency. Consider disposable plates and utensils to help save water and time during cleanup

Watch 20 to Ready videos at www.kbyueleven.org/community/20toReady