

FOOD & WATER IN AN EMERGENCY

Helpful suggestion from the Office of
Upper Nazareth Township Emergency Management



If a disaster strikes you might not have access to water, food and electricity for days. By preparing now you can properly store emergency water, food and supplies needed for you and your family.

- **Water**

Having a supply of clean drinking water is top priority in an emergency.

- **Personal usage**

- A normal active person will need at least two quarts of drinking water each day. Hot days can double the amount needed.
- One gallon of water per person per day should be kept. (Three days supply is recommended.)

- **How to Store Water**

- Store water in new or thoroughly washed glass or plastic food containers.
- Seal container tightly
- Label containers, store in a cool and dark place.
- Empty, clean and refill every 6 months.

- **Food Supplies**

It is unlikely that an emergency will cut off your food supply for up to a week, but you should prepare a supply that will hold your family that long.

- **Example of Food For Storage**

- Crackers with peanut butter and jelly
- Rice and noodles
- Powdered milk

- **Food Supply Usage**

- **Step one:**

- Use foods that perish fast first.
 - Food from the refrigerator.
 - If the power is out, limit the time the door is opened.

- **Step Two:**

- Use foods from the freezer
 - If the power is out, limit the time the door is opened.

- **Lastly:**

- Begin to use canned foods.

*** If you have a baby, include infant care items and foods.**

***Have a manual can opener in the house.**

***Have matches and/or a lighter.**