

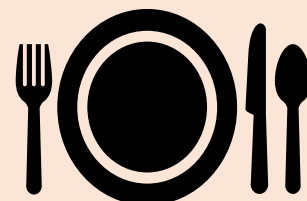
# FOOD OPTIONS



# PREPAREDNESS GUIDEPPOST

If a disaster strikes your community, you might not have access to food, water, and electricity for days or even weeks. Having a stored supply of food and knowing your food options will help sustain you and your family during an emergency.

- Consider keeping an assortment of food options to prepare for a variety of potential emergencies
  - No power and or gas (what is my heat source?)
  - No city water (Dehydrated/ Freeze dried foods need water)
  - Inaccessible roads (no re-supply)
- Depending on the foods chosen, keep in mind preparation methods and tools
  - BBQ Grill, Rocket stove, Solar Oven, etc.
  - Can opener, Camp cookware
- Nutritional value. Your disaster menu should include meals that provide for sufficient calories per meal and per day. Budget around 2000 calories/day for women and around 2400 calories/day for men.
- Remember, in addition to food, you will need 1 gallon of water per day per person



## Canned Foods

### Pros

- Wide variety of choices
- Secure packaging
- Least expensive

### Cons

- Heavier than other options
- Added preservatives and salts
- Not practical for traveling
- May require a can opener

## Freeze Dried Foods

### Pros

- Long shelf life
- Retains most nutritional value
- Lightweight and low moisture

### Cons

- Most expensive options
- Requires water
- Bulky

## Ready-To-Eat Meals

### Pros

- Convenient to use
- Familiar foods available
- Can be easily heated

### Cons

- Relatively expensive
- Not for long term consumption
- Artificial additives used

## Dehydrated Foods

### Pros

- Very little waste
- Long shelf life
- Not easily spoiled

### Cons

- Requires water
- Items lose taste and nutritional value
- May take a long time to reconstitute