



Disaster Food: Suggested items, preparation tips

Recent natural disasters have shown the importance of preparedness for any emergency. It is important that everyone be prepared in case they should be displaced from their home. The City of Lakewood recommends that you prepare for 7 days. Please utilize the attached to list to build survival kits specific to each family member's personal needs. Involve your family members in customizing their kit in a manner that will allow each to thrive during any hardship.

Also see: California Office of Emergency Services Home Page: <http://www.oes.ca.gov>

After an earthquake you will probably not have any power. Your perishable food won't last more than a few hours. You will need to store at least three days of non-perishable food for everyone in your family. Pick items which can be eaten at room temperature without preparation or cooking. If you are able to heat your food, be sure to cook it outside on a fireproof surface, away from any hazards.

When preparing your food supply, do not include salty food which can make you thirsty. Do include items from all of the food groups. Store these items away from your everyday food. Be sure to rotate your supply and check expiration dates.

Canned goods usually have a one-year shelf life. Don't forget to include utensils, plates, bowls and cups. Before using fire to cook, make sure there are no gas leaks anywhere near you, or in your neighborhood.

See our related flyer on water.

Suggested items:

- Canned bread and sandwich spreads
- Canned meat, fish or poultry
- Canned fruit and juice
- Canned soup, chili, spaghetti, stew and vegetables
- Nuts or trail mix
- Granola bars
- Tea bags, instant coffee and hot chocolate mix
- Instant soup and cereal
- Boxed cereal
- Hard candy and gum
- Evaporated or dry milk
- Baby food
- Formula
- Dry and canned pet food
- Any of your favorite foods that you and your family enjoy