



What about fresh food?

It is most likely that you will be relying on foods you have in your cupboard, but this is a great time to think about ways you can grow some of your own food. You don't need large plots of land to grow food. Many vegetables do very well in pots on patios.

Check with your local nursery or extension agency to get started on your backyard or patio gardening plan. Or look into your local community garden program.



Some things to keep in mind

You should eat at least one good well-balanced meal a day. You can ration food, but make sure you are drinking enough water to stay healthy. Consider putting vitamins and health supplements into your emergency supply cache.



Prepare Your Pantry



Credits

- Oregon Office of Emergency Management
- Ashland Fire & Rescue
- Department of Geology and Mineral Industries
- Hood River County
- Coos County Emergency Management

Websites

www.Oregon.gov/OEM

www.Ready.gov



PREPARE YOUR PANTRY FOR “TWO WEEKS READY”



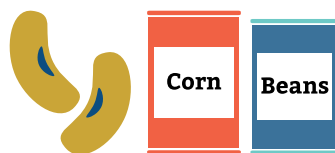
Introduction to “Two Weeks Ready”

Preparing for disasters can be done over time. The traditional three days of supplies is a good start and helpful for short-term power outages or temporary evacuation. But a large earthquake and tsunami will leave much of the region’s transportation routes destroyed. Delivery of assistance and supplies will be difficult or impossible initially. People will have to count on each other in the community, in the workplace and at home in order to be safe until responders can reach them. It is recommended that families, neighborhoods and communities strive to be self-sufficient for two weeks.



How much food do I need?

How much food you will need will vary according to your age and health. It is known that people need more food during emergency situations. So plan for more calorie-dense foods than you may normally eat. A good estimate is to have at least 3,000 calories available per day per adult. If you have extra, you can always share with your neighbors.



What kinds of food do I need?

Consider stocking up on a range of foods that store well. Some people like to buy emergency ration food, put in their garage and forget about it. Others try to maintain a pantry of food that can maintain their family for at least two weeks. Another option is to have a mix of emergency ration foods and some pantry foods.

It is important to have shelf stable foods like canned goods and dry ingredients like dried milk, pasta, and beans. Have foods that are familiar to your family, that you know they like and that you know how to cook.



How do I cook food in an emergency?

You can use some of your camping gear to cook foods, but make sure you have enough fuel to last you for 2 weeks. Have a range of options, if possible. If you have a back yard, you can set up a campfire to allow you to stay warm and to cook at the same time.

Do not use your camp stove indoors. This can create toxic gases. Only use flames out of doors. And some canned food can be eaten cold right out of the can.

DO NOT USE YOUR CAMP STOVE INDOORS