

# GET READY! Kent County

## Twelve Month Citizen Preparedness Program

### Fact Sheet

#### SEPTEMBER: FOOD AND WATER

*Disasters happen anytime and anywhere.*

*When disaster strikes, it is easier to cope when you are prepared. Get Ready! Kent County recommends storing a two-week emergency supply of food and water.*

#### WATER

- One gallon of water per person per day, for drinking and sanitation
- Children, nursing mothers, and sick people may need more water
- If the weather is warm, you may need more water
- Store commercially bottled water or store tap water in tightly sealed clean plastic containers (such as soft drink bottles)

#### FOOD

- Store a two-week supply of non-perishable food for each person in the household
- Select foods that require no cooking, refrigeration, or preparation, and little or no water
- Pack a manual can opener and eating utensils (forks, spoons)
- Choose foods your family will eat.
- Ready to eat canned meats, fruits and vegetables
- Soups- bouillon cubes or dried soups in a cup
- Protein or fruit bars
- Dry cereal or granola
- Peanut butter
- Dried fruit
- Nuts
- Crackers
- Canned juices
- Non-perishable pasteurized milk
- High energy foods
- Infant food or food for people with special diets
- Comfort/stress foods- cookies, hard candy, instant coffee, teabags
- Pet food

Where can I find these items?  
Local grocery stores will have the items you need to buy to create an emergency food and water supply.

How much will this cost?  
The cost of your emergency food and water supply will depend on the number of people in your household and the items that you buy.

Tips for success....  
Date your food with a marking pen and rotate your supply every 6 to 12 months.  
Be sure to pay attention to "Use By" dates and dispose of any outdated items.

For more information....  
Visit [www.ready.gov](http://www.ready.gov) and [www.redcross.org/prepare](http://www.redcross.org/prepare)

