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

**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- Be sure to pay attention to “Use By” dates and dispose of any outdated items.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 and www.redcross.org/prepare

**www.accessKent.com/getready**