

Marin County **BE PREPARED**

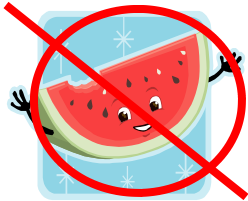
Food Storage: 5 Important Questions to Consider

By taking some time now to store emergency food and water supplies you can provide for your entire family in a disaster.

Which foods are non-perishable?

Consider

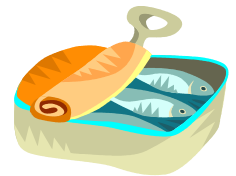
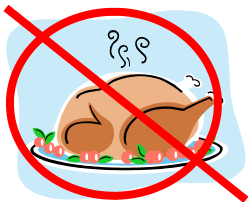
- Freeze dried fruits and snack size canned goods
- Ready-to-eat cereals or uncooked instant cereals
- Wheat, dried corn, dry pasta
(In properly sealed containers)



Which foods are easily prepared?

Avoid

- Foods that require a stove or a lot of water to prepare



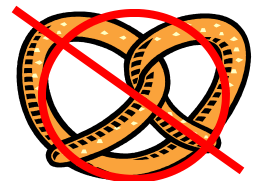
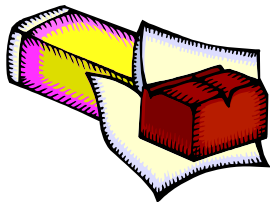
Which foods build energy?

Consider

- Compressed food bars (They are nutritious, store well, taste good, and are high in calories)

Avoid

- Salty foods and foods high in fat content (Water is limited)



Which foods appeal to family members?



Which foods meet the special dietary needs of family members?

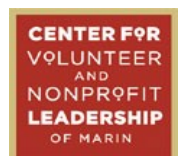


Consider the needs of babies, the elderly, diabetics, and all others with special dietary needs while making your choices.

Don't forget to include a manual can opener and disposable utensils!



Information compiled from "Food and Water in an Emergency" distributed by the Red Cross and FEMA



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