



COUNTY OF RIVERSIDE • COMMUNITY HEALTH AGENCY  
**DEPARTMENT OF ENVIRONMENTAL HEALTH**

INFORMATIONAL BULLETIN NO. 2-92-DES

DISTRICT ENVIRONMENTAL SERVICES DIVISION

## EMERGENCY FOOD SUPPLY

### STORE IT NOW! DON'T WAIT FOR AN EMERGENCY

In an emergency, such as a large magnitude earthquake, food suppliers such as grocery stores may sustain heavy damage and could not be available for several days.

#### WHAT SHOULD I DO?

Prepare an emergency food supply that will last at least 3 days or if possible up to two weeks per individual. Use food that your family likes. Canned foods, dry mixes, dehydrated fruit, peanut butter and crackers etc. will do just fine. Try for a balanced meal approach. Don't forget a manual can opener. Store supplies in more than one area. Food stored in dark, cool areas lasts longer. Rotate food items from storage at least once or twice a year to avoid spoilage. Store at least 1-2 gallons of water per person per day. Store water purification tablets with your emergency food supplies as well.

#### WHAT ABOUT FOOD IN REFRIGERATORS OR FREEZERS?

Perishable foods such as milk, meats, etc. that are normally stored under refrigeration will spoil very rapidly without it. These foods if still cold should be used first. Foods in the freezer can last several days without power if the door is not opened frequently.

#### WHAT NOT TO DO

- 1) If perishable foods lose refrigeration and become warm, **DO NOT USE**. Bacteria grow very rapidly without refrigeration.
- 2) If canned foods have been damaged and are swollen, bubbled up, or leaking – **discard!**
- 3) Do not use food from open containers where broken glass is present or household chemicals have been spilled.

\*Document available in an alternate format upon request

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