



**Cornell University
Cooperative Extension
of Delaware County**

Resource Center Telephone: 607-865-6531
34570 St Hwy 10 Suite 2 Fax: 607-865-6532
PO Box 184 e-mail: delaware@cornell.edu
Hamden NY 13782 www.cce.cornell.edu/delaware

Plan An Emergency Food Supply

To keep food safe and avoid food borne illness, people need to know what foods to store before a natural disaster, as well as how to handle food afterwards. It is important to stock food that does not require refrigeration. Store foods your household normally eats, plus some favorite treats. Don't forget animal food for pets. Avoid stocking too many foods high in salt that will increase thirst. Store single servings or one-meal sizes to avoid leftovers, since refrigeration may not be available. Canned foods keep almost indefinitely as long as cans are undamaged. However, for the best quality and nutritional value, replace canned goods every 1 ½ years. Use the older canned food in cooking and buy new items for the emergency stockpile. Finally, store emergency food supplies where they will be safe from insect and rodent pests and possible flooding.

Foods Recommended For Storage In Case Of Emergency:

- Ready-to-eat canned foods – vegetables, fruit, beans, meat, fish, poultry, meat mixtures, pasta
- Soups-canned or “dried soups in a cup”
- Smoked or dried meats like beef jerky
- Dried fruit
- Juices-canned or powdered – vegetables and fruit
- Milk-powdered, canned, or shelf stable brick pack
- Staples-sugar, salt, pepper, instant potatoes and rice, coffee, tea, cocoa
- Ready-to-eat cereals, instant hot cereals, crackers
- High energy foods – peanut butter, jelly, nuts, trail mix, granola bars
- Cookies, hard candy, chocolate bars, soft drinks, other snacks

Other Recommended Supplies And Equipment:

- Bottled water, 2 gallons per person
- Chlorine bleach, 1 gallon 5.25% sodium hypochlorite
- Disposable plates, cups, tableware, plastic bags
- Can opener, other utensils, paper towels, packaged hand wipes
- Covered 2 quart saucepan
- Canned heat burner and extra fuel
- Charcoal for outdoor cooking
- First aid kit
- Flashlight and extra batteries, candles
- Matches in a waterproof container
- Disinfecting deodorant spray
- Shovel, hammer, nails, knife, rope or cord
- Transistor radio with extra batteries
- Toilet tissue and plastic bags (folding portable toilets are available)

For further information contact Jeanne Darling, Cornell Cooperative Extension 607-865-6531
or email delaware@cornell.edu.