

# Emergency Preparedness

## Food and Water

### Food

It is important to store a minimum of three days' worth of nonperishable food items for each person remaining in your home. Select items that do not require cooking and require minimal to no water.

- Canned meats, fruits and vegetables
- Energy and Nutrition bars
- MRE's or similar
- Baby Food (if you have an infant)
- Vitamins
- Snacks

### Water

An average person requires a minimum of 2 quarts of water per day with this number increasing for children, older adults and ill person(s).

- Store a minimum of 1 gallon of water, per person, per day
- Ensure you have a 3 or more days' supply of water for drinking and food preparation
- Store water in no decomposable containers such as plastic and glass container