

# EMERGENCY PREPAREDNESS POINTER

ADA COUNTY EMERGENCY MANAGEMENT

NOVEMBER 2018

## FOOD OPTIONS FOR YOUR 72 HOUR KIT

This time of year many people are meal planning and grocery shopping for the holiday season. It also presents a great opportunity to think about the food you have in your 72 hour kits. There are many alternatives available in the world of shelf stable foods and finding the right type or combination of types for a three day supply requires a little planning.

### SHELF LIFE

It is very important to read the label and check expiration dates. Food stored in a cool, dry place will last longer than foods that are exposed to either extreme heat or cold.

- ▶ Shelf stable products (canned or air tight packaging) - 12-18 month shelf life
- ▶ Dehydrated food - 3-25 year shelf life (depending on product and how/where it is stored)
- ▶ Freeze dried food - 5-25 year shelf life (depending on product and how/where it is stored)
- ▶ Meals Ready to Eat (MRE) - 2-10 year shelf life (depending on product and how/where it is stored)



### WEIGHT MATTERS

If the 72 hour kit is being kept in a backpack, keeping it light is important. Water may be heaviest but most important resource to carry. Food options, like MREs, come with their own heat source in the package and do not require anything else to prepare. Other options like meal bars, dehydrated or freeze dried fruits are light and do not require any cooking. Food is only one element of a 72 hour kit. Finding the balance between nutrition, taste, and weight is important.

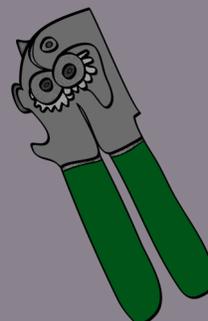
### IS IT TASTY?

Whether sheltering in place or evacuating for a disaster, the situation is stressful. Make sure you choose food that you enjoy eating. It is important to taste test food before it becomes part of the kit. Activity levels may be very high after the incident and staying hydrated and nourished will be vital. Taking a variety of potential foods camping a great way to test what works and what doesn't.

### HOT OR COLD?

This is an essential consideration because it affects what other items need to be included in the 72 hour kit. Examine the preparation steps for each item.

- ▶ Does it need a can opener or some other special device to open it?
- ▶ Does it need a heat source to prepare? Does it need a pot to be cooked in?
- ▶ Does it require water to prepare? How much extra water must be added to the kit for cooking?
- ▶ Can it be prepared under adverse circumstances? How long will it take to prepared?



### It's Not Just About the Food

Don't forget about the several other items that make a 72 hour kit complete. We have a complete list of all items to include in your kit:

<https://adacounty.id.gov/acem/Emergency-Preparedness-Guide>



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