

Some things to keep in mind.

Plan to eat at least one good well-balanced meal a day. You can ration food, but make sure you are drinking enough water to stay healthy.

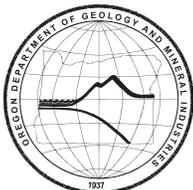
Consider putting vitamins into your emergency supply kit

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What about fresh food?

It is most likely that you will be relying on foods you have in your cupboard. But this is a great time to think about ways you can grow some of your own food. You don't need large plots of land to grow food. Many vegetables do very well in pots on patios.

Check with your local nursery or extension agency to get started on your backyard or patio gardening plan. Or look into your local community garden program.

Oregon State University Master Gardener Program

<http://extension.oregonstate.edu/mg/>



Prepare your Pantry



Introduction to “Two Weeks”

Preparing for disasters can be done over a period of time. The traditional three-day supply is a good start, and helpful in the event of short-term power outages or temporary evacuations. However, a large earthquake or tsunami will leave much of the area’s transportation routes destroyed, making the delivery of assistance and supplies difficult to impossible. Oregonians will have to count on each other in the community, in the workplace, and at home in order to be safe until responders can reach them. It is recommended that families, neighborhoods, and communities strive to be self-sufficient for two weeks.

How much food do I need?

How much food you will need will vary according to your age, health, and number of people in your household. Plan for more calorie-dense foods such as peanut butter, dried fruits, and cereal. A good estimate is to have at least 3,000 calories available per day, per adult. If you have extra, you can always share.



What kinds of food do I need?

Consider stocking up on a range of foods that store well. Some people like to buy emergency ration foods, put it in their garage, and forget about it. Others try to maintain a pantry of food that can maintain their family for at least two weeks. Another option is to have a mix of emergency ration foods and some pantry foods.

It is important to have shelf stable foods like canned goods and dry ingredients like dried milk, pasta, and beans. Have foods that are familiar to your family, that you know they like and that you know how to cook.

How do I cook food?

You can use some of your camping gear to cook foods, but make sure you have enough fuel to last you for 2 weeks. Have a range of options, if possible. If you have a back yard, you can set up a campfire to allow you to stay warm and to cook at the same time.

Do not use your camp stoves indoors. This can create toxic gases. Only use flames outdoors. And remember, canned food can be eaten cold right out of the can.



Prepare your Pantry for “2 Weeks Ready”