EMERGENCY FOOD AND WATER SUPPLIES

WATER

Fill in the boxes below to find out how many gallons of water you need for your family’s emergency kit!

<table>
<thead>
<tr>
<th>How many people (and pets) are in your family?</th>
<th>Number of gallons per person/pet</th>
<th>How many days of water do you need?</th>
<th>Total number of gallons of water you need</th>
</tr>
</thead>
<tbody>
<tr>
<td>[ ] people</td>
<td>[ ] gallons each</td>
<td>[ ] days</td>
<td>[ ] gallons</td>
</tr>
</tbody>
</table>

*In the summer, plan for 2 gallons of water per person.

Water Example

A family of four is preparing an emergency kit for three days:

4 people x 1 gallon each x 3 days = 12 gallons!

FOOD

There are two ways to prepare food supplies for an emergency:

1. Buy kits already assembled
2. Make your own kit

Remember to choose foods that can be stored for several months at a time. Rotate food supplies every 3 to 6 months; check “sell by” and expiration dates.

MAKE YOUR OWN KIT

Make your own kit by checking off the following suggested foods as you add them to your kit.

- Protein, fruit or granola bars
- Canned milk
- Dried/canned fruit
- Cereal
- Nuts/peanut butter
- Crackers
- Canned soups
- Canned meats

OTHER SUPPLIES

Don’t forget to pack the supplies and utensils you will need in order to eat!

MAKE YOUR OWN KIT

Make your own kit by checking off the following suggested items as you add them to your kit.

- A pan to heat canned foods
- Plastic utensils
- Manual can opener
- Scissors
- Paper towels and plates
- Hand sanitizer

Remember!

Prepare your emergency food supplies before an emergency or disaster strikes.