

Handling Food and Supplies during Power Loss

Loss of electricity or gas commonly occurs during storms or other natural disasters. However, power loss may continue for weeks after the storm has passed, especially if an area has been damaged by floods or high winds. If you are in an area where power is limited or uncertain, reduce your risk of getting sick by buying food that doesn't require refrigeration or preparation.

Suggested Food

- ◆ Ready-to-eat canned/pouched meats/meals (e.g., tuna, chicken, spaghetti/pasta, soups and stews)
- ◆ Beef or turkey jerky
- ◆ Nuts and trail mixes
- ◆ Peanut butter
- ◆ Canned fruits and vegetables
- ◆ Canned/bottled juice or tea
- ◆ Dried fruits
- ◆ Breakfast, cereal or granola bars
- ◆ Dry breakfast cereal
- ◆ Crackers and cookies
- ◆ Bread
- ◆ Multivitamins
- ◆ Hard candy (to help keep the mouth moist if water supplies are limited)
- ◆ Formula for infants (ready-to-feed brand)
- ◆ Commercially prepared foods for infants or toddlers

Supplies

- ◆ Manual can opener
- ◆ Food storage bags
- ◆ Plastic wrap/aluminum foil
- ◆ Disposable plates
- ◆ Plastic knives, forks and spoons
- ◆ Napkins and paper towels

Additional Tips

- ◆ If your supply of safe, clean water is limited, buy foods that require little or no water. Also, choose low-salt crackers, nuts, soups and stews to help minimize thirst.
- ◆ If access to refrigeration is limited, buy single servings of ready-to-eat canned meat or meals that can be eaten cold.
- ◆ During this stressful time, choose foods that the family will eat. Try to eat enough calories and nutrients to maintain health.
- ◆ If your pets are with you, be sure to select non-perishable (dry) foods for them, too.

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