



WPV-Ready

Emergency Food and Water

Food and Water

Store enough for 2 weeks

This recommendation aims to keep you comfortably fed and hydrated in case stores are closed, power is out, and services are generally unavailable after a major disaster.

That means storing 1 gallon of water and 3 good meals per person per day, times 14 days.

You also want to have 1 gallon of water per person per day for personal hygiene, but that water does not need to be as clean as the water you drink.

And remember your pets. They will need clean water and good food too.

It sounds like a lot, but really it's not. Compared to what we normally consume in a 2-week period, what you should store for emergencies is pretty compact. In fact, if you want a good margin of safety, double everything, or make other plans for food and water beyond 2 weeks.

How to store water.

Buy bottled water, and be sure to replace it by the "use by" date. Better yet, use activated charcoal filters for cleaner water.

Buy storage containers. There are 50-gallon drums available, and various portable sizes. Wash the containers, fill with the cleanest water you can get, like filtered through your household system. Add 1 teaspoon of fresh, pure bleach per 5 gallons of water, and seal it tight.

Remember, pure water will be pure water in a million years. It is the contaminants that we need to manage.



You can also purify the water in your pipes, your water heater, or any other source that is not contaminated chemically. It can be filtered or distilled.

But don't drink the water from your pool or spa. It contains "conditioner" that can cause health problems.

[Learn more at <http://WPV-Ready.org/Basics/Food-And-Water>](http://WPV-Ready.org/Basics/Food-And-Water)

Let Them Eat Beans.

Storing Emergency Food

You can go a lot of different ways when storing emergency food. The main thing to focus on is keeping it fresh, and having enough. Thankfully, there are a lot of ways to do that AND make it very tasty these days.

You can "go basic" and store rice and beans. There is a reason that this combination is used worldwide. They can be stored for ages, and cook up just fine with a little water. A few spices and you're eating fine. You might get tired of it after a few weeks, but you can live on it. That and a daily multivitamin.

You can store your favorite canned foods. Just be sure to rotate the supplies. Eat the older food before it expires, and replace it.

You can store dried camping food, which is a big step up from the good old Meal, Ready to Eat (MRE) that our veterans know all too well. Actually, MREs are pretty good these days too.

And store a good supply of granola bars, energy bars, whatever you enjoy when you need a snack to keep you going. (I wish they still made Space Food Sticks.)

Preparing Emergency Food

And be sure to keep a set of emergency cooking and serving tools. Portable propane grills and a variety of camping stoves are available online or from a nearby camping supply store.



Visit our website for more tips at <http://WPV-Ready.org/Basics/Food-And-Water>