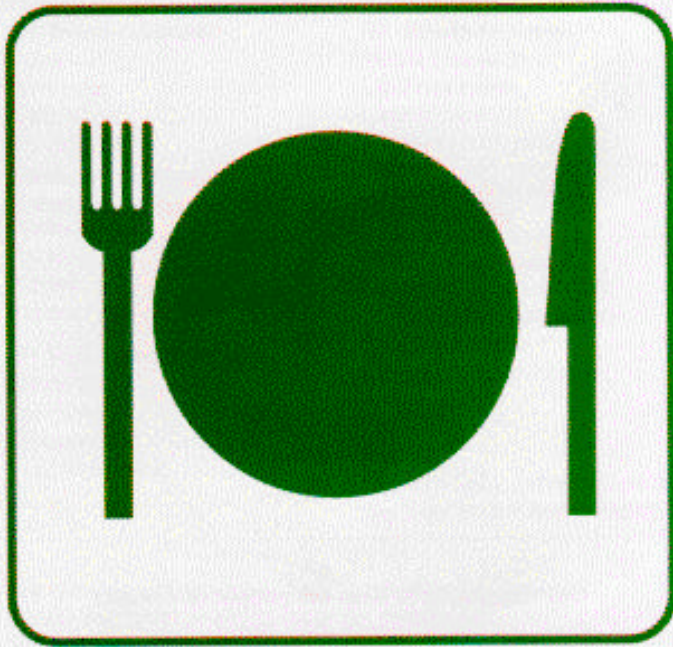




Health
Canada

Santé
Canada

Food for emergencies



Canada

Objective

In the event of a disaster each family in Canada should have a three-day emergency supply of food available.

Why Store

Because having a good reserve of food and water facilitates survival and creates a feeling of psychological well-being.

When to Store

Disasters happen unexpectedly and planning your storage system takes time. There's no time like the present.

Steps to Follow

- Read the entire guidebook.
- Select which types of food to include in a three-day menu.
- Assess food quantities to be stored according to your family's needs.
- Select the right container for the type of food you are storing.
- Select equipment and fuel.
- Select storage locations.
- Post *your inventory list*.

What to Store

Store food that:

- you are used to eating;**
- can be stored adequately;
- are easily prepared and require little or no water in preparation;
- are nutritious and easily digestible; and
- are pre-cooked, cook quickly or require no cooking.

Practical Tips

Offer variety:

- pure juices (orange, grapefruit, apple);
- melba toast, breadsticks, rice cakes;
- various flavours of crackers.

Use liquid from tins for cooking.

If there is no electricity:

- 1) start with the food in your refrigerator;
- 2) then use the food in your freezer;
- 3) then use your daily reserve of food; and
- 4) finally, use your emergency food supply.



In addition, remember to store the equipment necessary for preparing and cooking food, and cleaning up.

Our mission is to help the people of Canada maintain and improve their health.

Health Canada

Choice of Menu

| | 1st Day | 2nd Day | 3rd Day |
|-----------|---|--|---|
| Breakfast | Juice Melba toast Peanut Butter Jam | Juice Granola Bars Apple sauce | Juice Instant Oatmeal Dried apricots |
| Lunch | Juice Melba Toast Pork and Beans Sliced pineapple | Juice Canned stew Green peas Fruit salad | Tomato juice Melba toast Chili con carne Canned pears |
| Supper | Juice Spaghetti with meat sauce Canned peaches | Vegetable Juice Flaked ham Green beans Tapioca pudding | Juice Vegetable soup Liver pâté (canned) Melba toast Rice pudding |
| Snack | Juice Cookies Social Tea or Arrowroot | Juice Dried fruits | Juice Granola bars |



Serve a beverage with every meal.

Sample Shopping List

(0) For Babies

Nursing Formula
Cereal
Purée

(1) Milk and Milk Products

Puddings (ready to serve)

(2) Cereal Products

Granola bars
Rusks or Melba Toast
Instant Oatmeal

(3) Meat and Meat substitute (canned)

Flaked ham
Pâté
Peanut Butter (jar)
Pork and Beans

(4) Fruits (canned)

Apple sauce
Fruit juice
Fruit salad
Peaches

Pears
Pineapple

Fruits (dried)

Apricots
Prunes
Raisins

(5) Vegetables (canned)

Green beans
Green peas
Tomato juice
Vegetable juice

(6) Ready-to-Serve Meals (canned)

Chili con carne
Canned stew
Spaghetti with meat sauce

(7) Soups (canned)

Vegetable soup

(8) Miscellaneous

Chocolate powder “Quik”
or hot chocolate (instant)
Coffee (instant)
Cookies (Social Tea or
Arrowroot)
Jam
Salt
Sugar (white), individual packets
Tea bags (individual packets)



The quantity of foods should vary according to your needs.
Renew the cereal products every six months and other supplies yearly.
Store cereal products in metal containers, if possible.
DO NOT FORGET FOOD FOR PETS!

Storage Containers

Select a metal or plastic container instead of glass.


| Containers | Advantages | Disadvantages |
|------------|---|---|
| Metal | <ul style="list-style-type: none">– rodent proof– opaque– damp proof– stack easily | <ul style="list-style-type: none">– rust– may require can opener |
| Plastic | <ul style="list-style-type: none">– inexpensive– light– damage-resistant– no seams– do not rust | <ul style="list-style-type: none">– crack with time– affected by heat– not rodent proof |
| Glass | <ul style="list-style-type: none">– can be sterilized– do not rust– rodent proof– airtight | <ul style="list-style-type: none">– breakable– not easily stacked– let light through |



Destroy containers and contents of bulging tins or those whose contents spurt out when opened.

Water Supply Storage


- Store the water you usually drink.**
 - Use small-necked plastic bottles that have been washed, disinfected and are easily carried.
 - Handle water in the most hygienic manner possible.
 - Store water in a cool, dark place.**
 - Record the date on which the water was bottled on each container.
 - Replace your stored water yearly.
 - Use the water in your hot water tank for cleaning purposes only.
 - Keep a supply of water-purifying agents (e.g., chlorine bleach).
-

 Never store water in containers that have been used for fuel, poison or any other toxic product.

Quantity of Water to Store

Per Person Per Day (including Children)


- 1.5 litre of water is essential for survival.
 - 3 litres of water are essential for maintenance (drinking, eating).
 - 6 litres or more of water are essential for comfort (drinking, eating, washing).
-

 Do not forget animals (30 mL of water per kilogram of weight).

Use of Water

When in doubt, purify your water:
Water Purification

| Methods | Clear Water | Cloudy Water |
|--------------------------------|--|---|
| Boil water | 10 minutes | 10 minutes |
| Add chlorine bleach | 1 drop of chlorine bleach per litre of water | 3 drops of chlorine bleach per litre of water |
| Add water purification tablets | as indicated on label | as indicated on label |

 Our hands are the most common source of contamination. Add just a few drops of chlorine bleach in water before washing your hands.

Choice of Fuels

| Fuels | Advantages | Disadvantages |
|--------------|---|--|
| Butane | <ul style="list-style-type: none"> – even heat – easy to transport | <ul style="list-style-type: none"> – can of 227 grams (8 oz) not refillable |
| Fuel Alcohol | <ul style="list-style-type: none"> – easily accessible – extinguish with water – not very volatile | <ul style="list-style-type: none"> – low heat production |
| Naphtha | <ul style="list-style-type: none"> – high heat – burns cleanly | <ul style="list-style-type: none"> – evaporates fast |
| Propane | <ul style="list-style-type: none"> – high heat output | <ul style="list-style-type: none"> – may explode – produces characteristic odour |
| Sterno | <ul style="list-style-type: none"> – compact – water extinguishes flame | <ul style="list-style-type: none"> – low heat production – irritating fumes |



- 1) All products should be used in a safe and well-ventilated area.
- 2) All products except alcohol and sterno should be stored outside.
- 3) Once a year, check all products, including fuels, to ensure condition is satisfactory.
- 4) All these products must be utilized according to manufacturers' specifications.

Quantity of Fuel Needed

| Type of Equipment | Purchase Unit | Duration per Unit |
|---------------------------------------|-----------------------------|----------------------------|
| Butane stove | can, 227 g (8 oz) each | 1 hour 40 min. per can |
| Gas stove 2 burners | Cartridge of 90 g | 1 hour 30 min. |
| Propane stove | 2.25 kg (5-pound) cartridge | 40 hours |
| Sterno stove (canned) | 1 can (large format) | 40 minutes (approximately) |
| Kerosene lamp (wick 2.4 cm or 1 inch) | 1 litre (for lighting) | 4 hours (approximately) |
| Gas lamp two mantles | 1 litre (for lighting) | 8 hours (approximately) |
| | 4 litres | 32 hours (approximately) |



Quantities are established assuming three hours of daily use for cooking.

Equipment and Supplies Recommended

Articles Recommended

| | | |
|---------------------|-------------------------------|---------------------------------|
| Aluminum foil | First aid kit | Oven mitts |
| Bottle opener | Flashlight (+ batteries) | Plastic bags |
| Candles | Fondue set or stove (camping) | Plastic wrap (saran) |
| Can opener (manual) | Frying pan (non-electric) | Radio (+ batteries) |
| Chlorine bleach | Fuel (sterno, butane, fondue) | Saucepan |
| Cloths | Funnel | Scissors |
| Containers | Garbage can | Scouring pads |
| Cups – glasses | Hammer | Spoons, forks, knives (variety) |
| Dinner plates | Handiwipes | Survival book |
| Dish detergent | Matches | Wash-basin |
| Dishpan | Nails | |



Do not hesitate to change the list according to your needs.

Where to Store

- In a clean, readily accessible and safe area.
- Away from heat sources: fans, hot pipes, furnaces.
- Away from strong odours: solvents, combustibles.

- Protect from rodents and insects.
- On shelves, racks, in boxes or bins not more than 15 cm (6") from concrete floor.

Suggested Storing Areas:

- pantry
- cellar
- chests
- cupboards
- shed
- shelves
- space under stairs

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