

Spring Preparations for Storm Safety

Disasters can strike any time and any place. With summer come storms and power outages, making Daylight Savings Time a great opportunity to review what you have in your pantry in case of emergency.

According to the American Dietetic Association's Complete Food and Nutrition Guide, 3rd edition (Wiley 2006), the following items should be in your family's emergency supply:

Water: One gallon of bottled water per person per day, canned juices, shelf-stable milk (for powdered or concentrated, store extra water), pre-packaged beverages (foil packets and foil-lined boxes that are tightly sealed)

Food: Instant oatmeal, granola bars, energy bars, ready-to-eat canned meat, vegetables, fruit, soup, stew, instant coffee and tea, peanut butter or other nut butters, jelly, trail mix, dried fruits, unsalted nuts, low-salt crackers, ready-to-use infant formula packets of sugar, salt, pepper, mustard, ketchup, mayonnaise

Supplies: Cooking manual, can opener, matches in a waterproof container, heavy-duty aluminum foil, paper towels, plates, cups, plastic knives, forks, spoons, barbecue grill, camp stove, pots, pans, fuel for cooking (charcoal, propane), dry ice packs, bar soap, liquid detergent, hand sanitizer, wet wipes, household bleach

While no one likes to think about a disaster happening to them, being prepared for one can be your best defense.

The National Disaster Education Coalition provides more food and water related advice at www.disastereducation.org