

## **FOOD SUPPLIES NEEDED**

**WATER** - all need water to survive. Each person needs approximately 4 litres per day for drinking, food preparation and serving and minimal hygiene.

Store water in green 2 litre pop bottles. Sterilize with 2 drops of chlorine bleach per litre. Change every 6 months. Label. Store water in freezer or coldest storage.

Ice will last longer in green plastic than in clear plastic. 5 gal. water containers are available at hardware departments.

Store sufficient food, water and beverages to keep family comfortable for at least four days.

Include family favourites that are easy to heat or can be eaten cold.

Include canned or packaged soup, stews, pastas, vegetables, juices, fruits, meat and fish.

Cookies, crackers, whole meal or granola bars.

Margarine, peanut butter, jams, honey, etc.

Instant coffee, tea and juices and soups.

Most cans can be opened with lid intact and heated on air-tight stoves or BBQ's.

**ALTERNATE COOKING SOURCES** include BBQ, air tight stoves, camping stoves and fondue sets.

**INCLUDE SPECIAL NEED FOODS** for the very young, elderly or those with special needs.