



### What about fresh food?

Following a disaster, you likely will need to rely on food and water you have already stored at home.

Consider also growing some of your own food. Many vegetables do very well in pots on patios or in small spaces. Check with your local nursery to get started. Or look into your local community garden program. Supplies are also available online.

### Some things to keep in mind



Aim to eat at least one good, well-balanced meal a day. You can ration food, but drink enough water to stay healthy. Consider putting vitamins and health supplements into your emergency supply kit.

### About MPC Ready

The MPC Ready organization's mission is to work collaboratively to help build disaster prepared, and climate-change ready, neighborhoods through advocacy, education and training, resources, organization and support.

In a disaster, studies show that our most immediate source of help will be the neighbors living closest to us. Emergency response personnel will be overwhelmed and there won't be nearly enough to go around.

Neighborhood-level disaster preparedness efforts, such as those from MPC Ready, help to meet *major gaps in community-wide disaster preparedness*. These efforts will increase our community's resiliency and hasten recovery following a disaster.

#### For More Information

Visit [www.mpcready.org](http://www.mpcready.org). Call 650-380-3028 or email [info@mpcready.org](mailto:info@mpcready.org).

Daniel P. Aldrich. *Building Resilience: Social Capital in Post-Disaster Recovery*.

Kathleen Tierney. *Disasters: A Sociological Approach*.

Amanda Ripley. *The Unthinkable: Who Survives When Disaster Strikes – and Why*. 2008.

Oregon Office of Emergency Management:  
Two Weeks Ready & Central United States  
Earthquake Consortium: Two Weeks Ready

# Prepare your Pantry



Revised 12 April 2022



# Prepare Your Pantry for Two Weeks Ready

## Introduction

Preparing for disasters can be done over time. The traditional three days' worth of supplies is a good start and helpful for short-term power outages or temporary evacuation.

However, a large earthquake will likely leave much of our region's transportation routes severely impacted. Delivery of assistance and supplies may be difficult or impossible initially.

People will have to count on each other in the community, workplace and at home in order to be safe until help can arrive.

It is recommended that we strive to be self-sufficient for two weeks.

## How much food do I need?

This will vary according to your age and health. It is known that people need more food during a disaster situation. Plan for more calorie-dense foods that you may normally eat. A good estimate is to have at least 3,000 calories available per day, per adult. If you have extra, you can always share it with your neighbors.



## What kinds of food do I need?

Consider stocking up on a range of foods that store well. Some people like to buy emergency ration food, put it in their garage or outdoor shed and forget about it. However, this food often requires water.

Others maintain a pantry of food that they rotate every six months. You can also have a mix of emergency ration and pantry foods. Grocery stores may sell pre-packaged food, with a long shelf life, that can be cooked by adding boiling water.

It's important to have shelf stable foods like canned goods and dry ingredients like dry milk, pasta and beans. Have foods that are familiar to your family that you know they like and that you can cook easily.



## How do I cook during a disaster?

Consider a range of options, if possible. You can safely use a camp stove, BBQ or Hibachi grill outside. **DO NOT** use your camp stove indoors. This can create toxic gases. Only use flames out of doors.

Some canned food can be eaten cold right out of the can.

If cooking indoors, a non-electric fondue pot or similar device can safely heat water or canned food via tea candle lighting.

When the sun is shining, one can also cook outside using a "solar oven." Indoors, tea light ovens" are also a creative option.

## Cooking utensils and dishes

Following a large earthquake, the water infrastructure supplies might be damaged. Running water might be unavailable or rationed. Thus, we recommend having paper plates and utensils in your disaster pantry supply kit. That way, you won't have to use water supplies to clean dishes.

We also recommend having a "mess kit" for each member of your family, and cooking utensils stored with your food supplies. If you had to evacuate, you could take these items with you.