

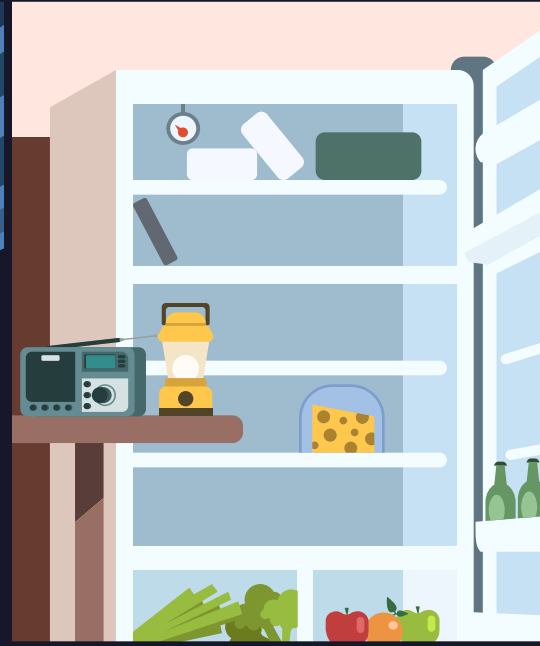
# Is Your Disaster Kit Stocked?

Food in your fridge stays good for approximately four hours without power. Hurricane Sandy knocked out power to 8.5 million customers for seven days. What is your disaster preparedness plan?

## Be Prepared

## When the Power Goes Out

## When the Power Returns



Make sure you have an appliance thermometer.



If the freezer isn't full, group together to form an "igloo."



Check temperature inside fridge and freezer.



Have a few days of ready-to-eat food.

If you anticipate a power outage, put water in the fridge ahead of time, it'll help keep everything cool.



Discard perishables, meats, poultry, seafood, eggs, leftovers. When in doubt, throw it out!



Know where to get dry ice or block ice.



Keep the fridge and freezer door closed.



Unusual odor, color, or texture? Throw it out!

## Prepare your Disaster Kit:

What items should you have on-hand for a power outage:



Store at least a three-day supply of non-perishables.



Choose foods your family will eat.



Avoid foods that will make you thirsty.



Remember any special dietary needs.



Choose salt-free crackers, and whole grain cereals.



Following a disaster, there may be power outages that could last for several days. Stock canned foods, dry mixes and other staples that do not require refrigeration, cooking, water or special preparation. Be sure to include a manual can opener and eating utensils.

- 1 Ready-to-eat canned meats, fruits, vegetables and a can opener
- 2 Protein or fruit bars
- 3 Dry cereal or granola
- 4 Peanut butter
- 5 Dried fruit
- 6 Nuts
- 7 Crackers
- 8 Canned juices
- 9 Non-perishable pasteurized milk
- 10 High energy foods
- 11 Vitamins



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This information is only a portion of what you need to be prepared; for more information and resources, visit [Ready.gov](http://Ready.gov) and [FEMA.gov](http://FEMA.gov).