

EMERGENCY PREPAREDNESS

Emergency Food Supply

Social Story





It is important to have an emergency food supply at home in case there is a disaster. We should have at least 3 days worth of non-perishable food at home and 3 days of non-perishable food in a “Go Kit”. Non-perishable food is food that does not go bad quickly.

MAKE A PLAN

Date _____

✓ when done

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

make a plan



non-perishable food



no water



no power

If we have a “Stay at Home” emergency, the power and water might be off. We need to make a plan ahead of time and decide what food we will want to have on hand and also be careful if we have any allergies. Once we gather and buy what we need we can label it and store it away from the daily food we eat. We don’t have to buy it all at once, we can buy a little at a time too.



canned meat &
meat spread



canned fish



canned
vegetables



canned fruit



canned beans



can opener

Some recommended types of non-perishable foods are canned foods, these are ready to eat meats, fruits, and vegetables. You also need a can opener with canned food.



grains



legumes



nuts



fruit bars & leathers



cereal



peanut butter



protein bars



dried milk



canned juice

Some other foods that are good to have for your Emergency Food Supply are dried grains and legumes. Protein bars, fruit bars, and peanut butter are excellent foods to have too. There are also canned juices, dried milk and nuts.



power outage



refrigerator
cold for 4 hours



sick



when in doubt
throw it out

If the power goes out then the food inside the refrigerator could start to go bad. The refrigerator will keep food cold for about 4 hours. Do not eat the food from the refrigerator if it is warm, you could get sick. Food that is not kept cold can start to grow bacteria. If you aren't sure if you should or should not eat the food, throw it away.



power out



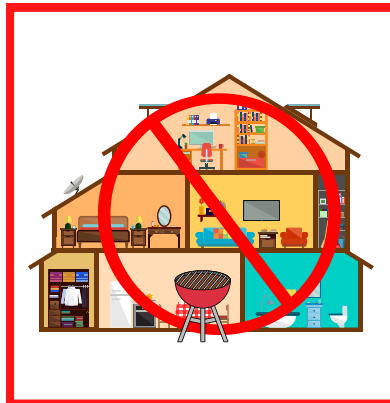
barbeque



food warmer
and fuel



fire pit



outside the house

When you are ready to cook food and the power is out you can use other options outside like a barbeque, firepit, or food warmer. You can also eat canned food from the store right out of the can if you don't want to warm it up.



if you have to leave your house



“Go Kit”



freeze dried food

There might be a time when you can't stay at home and need to leave your house with your food. If that happens you can have bags already packed with enough food for your family in it so you can leave quickly. Many other foods you have for a “Stay Home” emergency can be used too. Another great option are freeze dried meals. Just open and add hot water.



grow a vegetable garden



patio vegetable garden



cook fresh vegetables

Another food you could use is food you grow on your own. You can grow food in a garden or even in small containers on an apartment balcony. Together as a family we can make a plan and take actions to getting the food we need to put together in case of an emergency.

**We have more Emergency Preparedness
resources, videos, and information on our
CODSN Website.**

**[https://www.codsn.org/emergency-
preparedness/](https://www.codsn.org/emergency-preparedness/)**



**CENTRAL OREGON
Disability Support
Network**

Contact Information

Address: 2525 NE Twin Knolls #7, Bend, OR 97701

Phone: (541) 548-8559

Email: info@codsn.org

Website: www.codsn.org