



**COUNTY OF SAN DIEGO
DEPARTMENT OF ENVIRONMENTAL HEALTH**

**EMERGENCY FOOD SUPPLY
STORE IT NOW! DON'T WAIT FOR AN EMERGENCY**

WHY?

In an emergency such as a large magnitude earthquake, food suppliers such as grocery stores will probably sustain heavy damage and will not be available for several days.

WHAT SHOULD I DO?

Prepare an emergency food supply that will last two weeks per individual. Use food that your family likes. Canned foods, dry mixes, dehydrated fruit, etc. that are normally used will do just fine. Try for a balanced meal approach. Don't forget a mechanical can opener in the event of a power outage. Store supplies in more than one area. Food stored in dark, cool areas lasts longer. Rotate food items from storage at least once or twice a year to avoid spoilage.

WHAT ABOUT FOOD IN REFRIGERATORS OR FREEZERS?

Perishable foods such as milk, meats, etc. that are normally stored under refrigeration will spoil very rapidly without it. These foods, if still cold, should be used first. Foods in the freezer can last several days without power if the door is not opened frequently.

WHAT NOT TO DO?

1. If perishable foods lose refrigeration and become warm, **DO NOT USE**. Bacteria grow very rapidly without refrigeration.
2. If canned foods have been damaged and are bubbled up or leaking, **DO NOT USE**.
3. Do not use food from open containers where broken glass is present or household chemicals have been spilled.

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