

Emergency Food Preparedness

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WB7OSC



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FOOD PREPAREDNESS

Three things critical to survival:

Shelter

Water

Food



POTENTIAL SITUATIONS

- Ideal: shelter in place
- Evacuate to shelter
- Evacuate elsewhere
- You're somewhere other than home – work, commuting



FOOD SCARCITIES

- In a real disaster, grocery stores, if open at all, will quickly run out of food.
- Most grocery stores and restaurants have about 2-3 days of food on hand.
- If roads are severely damaged, deliveries won't happen.
- In the event of a major regional catastrophe, It may take months for services to be restored.



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CONSIDERATIONS

- Acceptability, palatability
- How much your family will need
- Ease of preparation
 - Electricity/gas (or lack thereof)
- Shelf stability, storage
- Health concerns, medical issues



TAKE CARE OF YOURSELF!

- In a real disaster, when emergency services are spread thin, those of us over 60 years of age will be deemed to have lived our lives and will NOT have priority for medical services.
- If one is on a special diet and/or medication, and one cannot sustain that special diet or medication, one may develop a problem quickly.



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LOGISTICS

- Have food preparation equipment handy and know how to use it
- Think camping: camp stove, cook kit, lantern, non-power equipment, wood for campfire
- Assume no electricity
- Have some basic food preparation instructions written down on paper!



EQUIPMENT NEEDED

- Camp stove and fuel or other means of cooking outdoors as needed
- Camping style cook kit, utensils
- Working non-electric can opener
- Dutch ovens are great for baking over a campfire
- Clean-up equipment (no electricity = no dishwasher!)



OTHER HELPFUL INFORMATION

- If the power is out, keep your refrigerator and freezer doors closed as much as possible
- Rotate blocks of ice into the refrigerator to keep things cold or move them into ice chests
- A barbeque can be used for cooking the meat that's in the freezer as it starts to thaw
- The barbeque with a lid can also be used for baking in a pinch



OPTIONS FOR EMERGENCY FOOD

- Packets of freeze dried meals from camping supply stores
- Buckets of “survival food”; MRE’s
- Strategize for using normal food for emergencies



FREEZE DRIED CAMPING FOOD

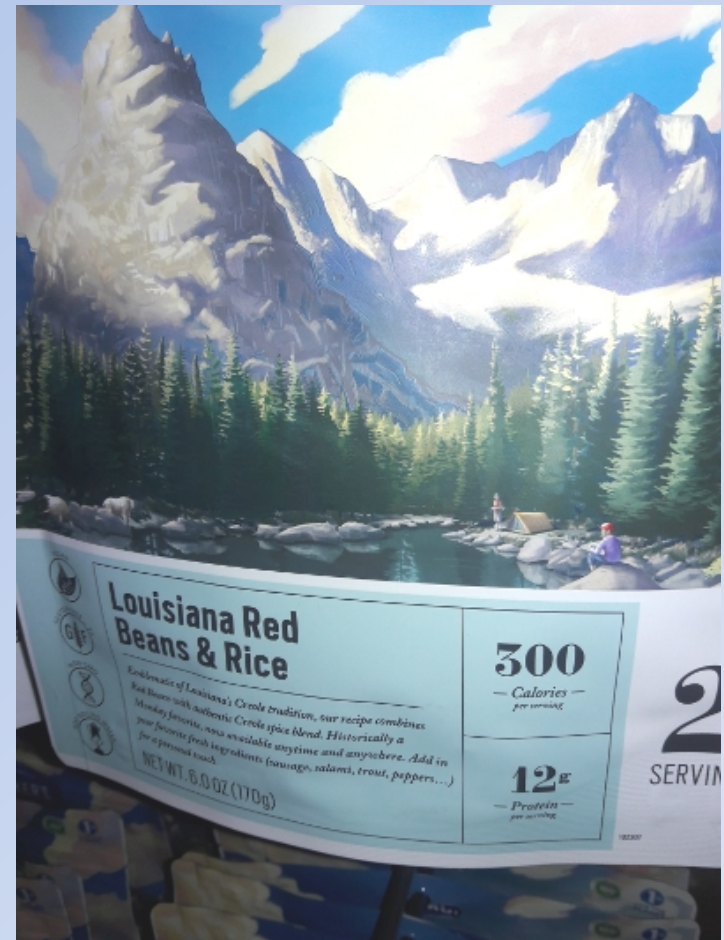


- Expensive
- Quick & Easy
- OK for short-term use
- High in sodium, carb's
- Not a good choice for special dietary needs



FREEZE DRIED FOOD EXAMPLE

- Package shows 2 servings, 300 calories per serving, 12 g protein
- Reality: most will eat entire package, especially if it's the only thing available



TURN IT OVER!



Nutrition Facts
Serving Size 1/2 Package (85g)
Servings Per Container 2

Amount Per Serving

Calories 300 **Calories from Fat 10**

% Daily Value*

| | |
|-------------------------------|------------|
| Total Fat 1g | 1% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 1160mg | 49% |
| Total Carbohydrate 62g | 21% |
| Dietary Fiber 16g | 63% |
| Sugars 4g | |
| Protein 12g | |

Vitamin A 20% Vitamin C 10%

- 300 calories becomes 600 calories (about 1/3 of daily needs for a sedentary male)
- 1160 mg sodium becomes 2320 mg sodium (recommended: 2000 to 3000 mg per day total)
- 62 g carbohydrates becomes 132 g carbohydrates (an issue for someone with diabetes)
- That's just for one meal!



BUY IT BY THE BUCKET!

\$90 OR \$100!



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SEA PAC
CN85ax 14

ANOTHER OPTION

- Grocery store meal packets
- A bit expensive but complete
- Need to mix with a shelf-stable milk like almond or hemp milk
- Can use water if needed



LOTS HEALTHIER

- 1 packet = 2 servings
- 1 packet = 230 calories
- 280 mg sodium
- 16 g carb's
- + unsweetened hemp milk @ 16 oz, 160 calories, 250 mg sodium, 2 g carb's

| Nutrition Facts | | |
|-------------------------------|---------------|----------------------------|
| Serving Size 1/2 Packet (35g) | | |
| Servings Per Container 2 | | |
| Amount Per Serving | | |
| Calories | 115 | Calories from Fat 10 |
| | | % Daily Value ¹ |
| Total Fat | 1.5 g | 2% |
| Saturated Fat | 0 g | 0% |
| Unsaturated Fat | 1 g | |
| Polyunsaturated Fat | 0.5 g | |
| Trans Fat | 0 g | |
| Cholesterol | 0 mg | 0% |
| Sodium | 140 mg | 6% |
| Potassium | 70 mg | 2% |
| Total Carbohydrate | 8 g | 3% |
| Dietary Fiber | 7 g | 28% |
| Soluble Fiber | 1 g | |
| Insoluble Fiber | 6 g | |
| Sugars | less than 1 g | |
| Protein | 20 g | 40% |



SURVIVAL FOOD KITS

- MRE's – military style, complete, shelf life 4-7 years “under appropriate storage conditions,” calorie dense, other nutrition information ??
- Buckets/packs of survival food – various websites; Sam's Club has packs of 72 hours, 30 days, 1 year
- How does it taste? How much ketchup do you need?
- What condition will it be in when you go to use it? (insects, rodents)
- Because it's “special food,” you're not going to want to use it for camping or for small emergencies, so you're going to store it away where you'll forget about it!



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REGULAR FOOD PLANNED AHEAD

- Adapt one's normal food practices to allow for emergencies
- You know it will taste ok
- With regular stock rotation, quality is maintained
- You're not sinking a small fortune into food that you might not ever need to use
- Since it's not "special," you're more likely to use it



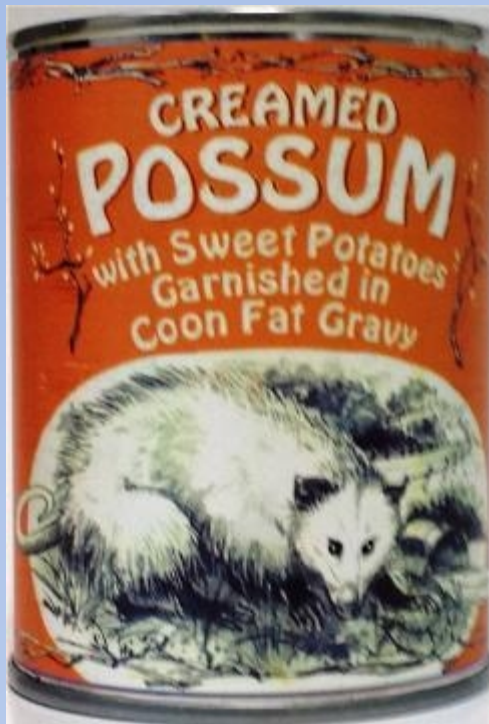
CANNED FOODS

- Can be stocked up well in advance
- Less susceptible to insect/rodent damage or spoilage
- Watch the expiration dates
- Watch the sodium! 670 mg in regular vs 330 mg in light



CANNED FOODS

- Wide variety available



CARTONS OF FOOD

- Can be stored ahead of time
- Don't need a can opener
- Watch the sodium
- Watch the expiration dates! Shorter time than canned.



SHELF STABLE GOURMET



- Lends interest and flavor to emergency meals
- Easy to warm up in a pot, you can get back to your radio faster
- Relatively inexpensive



SHELF STABLE GOURMET NUTRITION

- 1 serving = 140 calories
- Need to combine with other dishes
- Still has 440 mg sodium per serving
- By the time you have enough for a meal, sodium is high



INDIVIDUAL SERVINGS IN A CARTON

- Soups, noodles, oatmeal
- Easy, just add hot water
- Generates a lot of garbage, which won't be picked up anytime soon
- Paper lids can become damaged easily



LOWER SODIUM OPTIONS

- Turn them over
- Regular 540 mg sodium, “Lower Sodium” 360 mg sodium
- Same with noodle cups/bowls



BULK FOODS



- Stock up on assortment of stable dry goods
- They can be used in regular meal preparation
- Maintain your food prep skills for an emergency

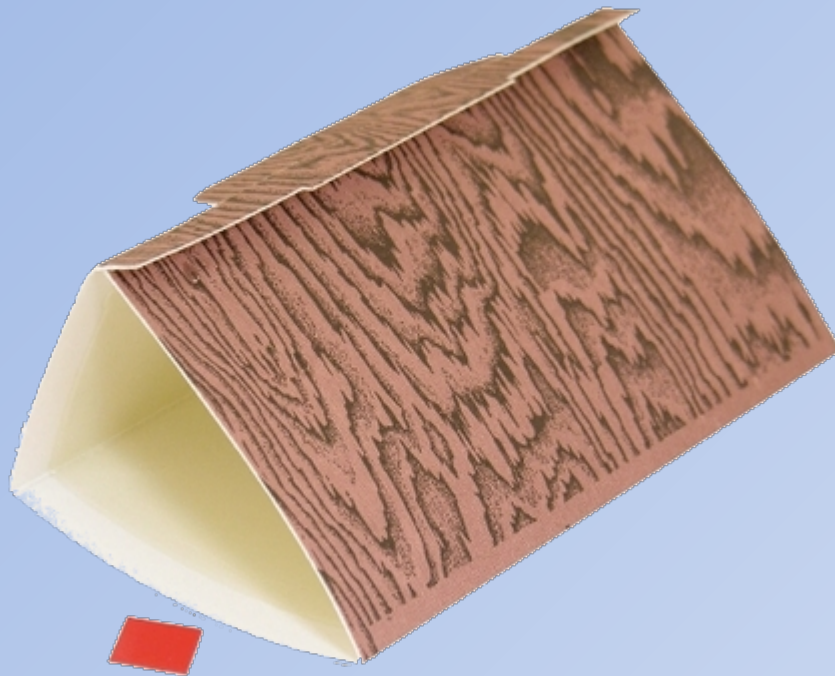


FOOD STORAGE CONTAINERS

- Different options
- Some stores have food storage buckets: Winco, Cash & Carry
- Can use for regular household food preparation



PROTECT YOUR INVESTMENT



- Pantry moth traps are a good way to keep mealworms out of your dry goods
- Numerous brands are available
- Non-toxic



DON'T FORGET YOUR BEST FRIEND!

- If you have pets, be sure to prepare for them as well
- Canned food keeps for them
- Might want a separate can opener!



NUTRITIONAL ACE IN THE HOLE

- Do you have a yard? Do you have a large lot?
 - Think GARDEN!
 - Food in the ground is your food security.
 - This is a good way to supplement your emergency food supplies.
 - We have relatively mild winters in the northwest and can grow food nearly year 'round.



HOME GARDENS

- This is in our front yard.
- The kale was planted last fall, harvested starting in February, and displaced in May, keeping it productive year-round
- If you worry about what the neighbors will think, remember how many antennas you have on your house and running through your trees



DIY FOOD PRESERVATION

- Radio folks tend to be DIY'ers
- Old-fashioned canning
- Buy produce in season annually
- Protect those jars!



DEHYDRATING



- Easier than canning
- Buy food in season
- Grow herbs to dry (it's easy)
- Use a bay leaf in the storage containers to keep pantry moths away



YOU'RE STILL UNPREPARED

- You haven't gotten around to it
- You don't have the time/money
- You were going to do it next week
- Something major is happening and you have to evacuate!



GRAB AND GO!!



- Look around your kitchen
- Prioritize depending on how much time you have
- Start filling as many containers with water as you can



PRIORITIZE!

- Grab your med's and supplements
- Grab your ice chests and start throwing your perishables in there
- Grab your basic camping gear, including camp stove and cook kit



PRIORITIZE!!



- Grab as much of your shelf-stable food as you can, making sure that you have a working can opener
- Even if you're going to a shelter, it will help feed everybody

YOU'RE AWAY FROM HOME – NOW WHAT?

- Turn on your ham radio to find out what's going on and the severity of the situation
- Find out how you can help and if you can even get anywhere
- If you are near a grocery store, stop and see if they're still open so you can buy some food
- Depending on the severity of the situation, you may need to find a shelter if you can't get home



WHAT CAN YOU DO NOW?

- Whenever you empty a juice bottle, wash it out well. Refill it (but not quite) with fresh water and throw it into your freezer. This gives you an ice block AND fresh water once it thaws.
- Get into the habit of having more than just the bare minimum of food and supplements on hand. Get ahead of things a bit.
- When you see shelf-stable food on sale, buy it up and put it in a safe place. Be sure to rotate it through your normal meal preparation.
- Stage some emergency food in your vehicle just in case.



Questions

