



# HAWAI'I FOODBANK

## EMERGENCY FOOD SUPPLY TIPS

### EMERGENCY FOOD SUPPLIES:

Hawai'i emergency managers recommend storing a 14-day emergency supply of food and water for each member of your 'ohana. That's a lot! While 14 days' worth of food is a good target, ANY extra food you can store is a great step towards being disaster prepared. Here are some tips to make it feel a little more achievable:

#### Tips for Starting Your Emergency Food Kit:

- Look for low-cost foods that are high in protein and calories.
- Stock up on shelf-stable items when they're on sale.
- Save extra seasoning packets from bentos or take-out.

#### Disaster-Smart Choices:

- Choose shelf stable foods you and your 'ohana normally eat.
- Stock foods that don't require cooking.
- Choose low-sodium options to reduce thirst.
- Single servings help to make sure opened food doesn't spoil.
- Consider all relevant health and safety needs.

### FOOD SAFETY:

#### To Keep Your 'Ohana Healthy and to Avoid Foodborne Illness, Do Not Consume Any Spoiled Foods. Throw Out:

- All perishable foods (including meat, poultry, fish, eggs and leftovers) from the refrigerator when the power has been off for four hours or longer.
- All perishable foods in the freezer if they have thawed.
- Any food that has been in contact with flood water. This includes any canned foods with signs of damage such as holes, leakages and punctures.

Place foods on higher shelves to lessen the chance of them being contaminated by flood water.

### D-SNAP DISASTER RECOVERY:

If you are impacted by a disaster for which FEMA has made a declaration of Individual Assistance, you may qualify for the Disaster Supplemental Nutrition Assistance Program, or D-SNAP. Contact Hawai'i Foodbank or one of its qualified agency partners to assist you in determining your eligibility and how to apply for benefits.

#### Some of Our Favorites:

- Peanut Butter
- Shelf-stable tofu
- Canned tuna or salmon
- Low-sodium canned beans or lentils
- Instant oatmeal, ramen and rice

#### What About Those "Best By" Dates?

The "best by" date you often see indicates the quality of the food, not its edibility. Therefore, don't panic if you missed the "best by" date – you can still safely consume it after.

To help you get the most of your food items, check out the USDA FoodKeeper App (see link on next page).



# EMERGENCY FOOD SUPPLY TIPS

## WATER STORAGE & SAFETY

Plan to store 14 gallons of water per person in your household (or one gallon per person per day). Instead of purchasing bottled water:

1. **Use clean containers:** Avoid containers that stored food with strong odors (e.g., mayonnaise, pickles, etc.) as the water will pick up the odor during storage.
2. **Disinfect containers:** Wash containers thoroughly, then rinse it in a mild bleach solution (one capful of liquid bleach to one gallon of water) and then rinse again thoroughly.
3. **Fill container with water from the tap:** Fill the container to the top, keeping a minimal amount of air between the water and the cap. To ensure the water is safe to drink – add one drop of mild unscented liquid bleach per gallon of water, cap and store it in a cool, dark place.

## GETTING DISASTER PREPARED

Preparedness is not all about having emergency kits or extra supplies. There are a lot of great no-cost ways to help you and your loved ones stay safe and healthy during an emergency.

- **Learn about the hazards** most likely to impact you.
- **Talk with your 'ohana, neighbors and friends** about getting ready for disasters. Having a community to work with and lean on is one of the most valuable things you can have during a disaster. Remember – you are each other's help until help arrives.
- **Make an emergency plan** – including evacuation and sheltering plans.
- **Stay informed.** Know where to get reliable information and safety instructions. Local government, the National Weather Service, and local TV and radio news stations are great sources for reliable emergency information.

## EMERGENCY PREPAREDNESS RESOURCES

For more information on types of disasters, preparedness tools and guides, and multilingual resources, visit:

- Hawai'i Emergency Management Agency ..... [DOD.Hawaii.gov/HIEMA/Get-Ready](https://DOD.Hawaii.gov/HIEMA/Get-Ready)
- Hawai'i Department of Health (DOH) ..... [Health.Hawaii.gov/DCAB/Emergency](https://Health.Hawaii.gov/DCAB/Emergency)
- Hawaiian Humane Society ..... [HawaiianHumane.org/Disaster-Ready](https://HawaiianHumane.org/Disaster-Ready)
- Honolulu Department of Emergency Management (DEM). .... [Honolulu.gov/DEM](https://Honolulu.gov/DEM)
- Honolulu Board of Water Supply (BWS). .... [BoardOfWaterSupply.com/Prep](https://BoardOfWaterSupply.com/Prep)
- USDA FoodKeeper App ..... [FoodSafety.gov/Keep-Food-Safe/FoodKeeper-App](https://FoodSafety.gov/Keep-Food-Safe/FoodKeeper-App)