

# 30 Days 30 Ways

## Family Emergency Preparedness

### Emergency Food

Having adequate food following a disaster is one of the first thing many of us think about (or is it just me?). The true hardcore preppers have their very expensive 10 year stock of freeze dried “food”, while others can their own and rotate it from the root cellar to the pantry and finally to their table. If you are like me, neither option seems too appealing.

I find my plan easier, cheaper and tastier. Every year when I do my big shopping trip for Thanksgiving I pick up a few cases of canned food and a few cases of water. I take last years with me so I can donate it to the food bank. So – once a year I rotate my food stores and do a good deed for those who really need the help. I never have to worry about my food being outdated.



Some foods to consider:

- Beans
- Canned fruits and vegetables (canned in their own juice)
- Chili with meat
- Spam
- Tuna
- Sardines (packed in olive oil)

\*Attempt to store your food and water in an area that does not get too hot or too cold.