



FOOD PLAN



Making a food plan is a key step to being *2 Weeks Ready*. You and your household, including service animals, pets and large animals, need food to survive any emergency. With a food plan, you'll know how to gather and store two weeks' worth of non-perishable food and how to prepare it without electricity or gas.

QUICK-START STEPS

- Safety Considerations
- Create a Non-Perishable Food Inventory
- How to Store Food
- Different Ways to Cook Food
- Other Considerations







SAFETY CONSIDERATIONS

- Do not eat refrigerated food if you've lost power for longer than four hours and do not eat any frozen food that has thawed.
- Throw away any food that's been at room temperature for two hours or more.
- Use non-perishable, pasteurized milk in cans or cartons quickly once opened.
- Cooking indoors with barbecues or grills can lead to deadly consequences, including the risk of carbon monoxide poisoning, fires and other life-threatening hazards. When faced with a power outage, always use safe and approved alternative methods for cooking, such as camp stoves, portable butane stoves or outdoor cooking equipment specifically designed for indoor use.
- Be cautious of dented, deformed or bloated cans, as this can be an indication of spoiled food that can be deadly.
- Check expiration dates and rotate food out as needed.
- To keep things sanitary and reduce fire risk, don't let food waste accumulate inside.
- Keep cooking and eating utensils clean.



CREATE A NON-PERISHABLE FOOD INVENTORY

Gathering two weeks' worth of food may seem overwhelming. Begin by starting small, recognizing it may take a while to build up a food stash. Here are some easy ways to create your non-perishable food inventory:

 LOW COST	   HIGH COST
Add one can of food to your shopping cart each time you visit the store. Recommended items include beans, green beans, soup or chili.	Purchase freeze-dried meals. These typically have a shelf life of 20-30 years. You can purchase meals individually or in kits. There are many options available, including for individuals with food allergies.
Buy beans and rice in bulk and set a small amount aside in a food-safe container.	Dehydrate foods; fruits and vegetables are good for this.
Buy in-season produce from local farmers markets or roadside stands then freeze, can, dry or pickle it.	Make your own jerky.
Buy day-old bread from the grocery store and freeze it.	Build a garden and grow your own food

When dealing with an emergency, eating unfamiliar foods places more stress on everyone, especially young children. Choose foods your household will eat that don't require refrigeration and have a long shelf life. Suggested emergency food items include:

- Ready-to-eat canned meats, fish, fruits and vegetables.
- Protein bars and fruit bars.
- Pudding cups.
- Dried cereal, granola and trail mix.
- Nut butters (some come in powdered form).
- Dried fruit.
- Comfort foods.
- Rice cakes and crackers.
- Canned soups and chili.
- Canned and boxed juices.
- Non-perishable, pasteurized milk in cans or cartons.
- Powdered milk (requires water to reconstitute).
- Food for infants and extra water to constitute baby formula.



This is not an all-inclusive list. Additional suggestions can be found at www.ready.gov.

Building an extra two-week food supply can be difficult if your food resources are limited. Visit www.oregonfoodbank.org for information and locations of food pantries and food banks in your area. Some pantries allow you to shop more than once a month.

For additional training and information, visit <https://extension.oregonstate.edu/mfp>.























HOW TO STORE FOOD

It can be difficult to find extra space to store your emergency stash. Here are some helpful tips on storing supplies:

- If space in your home is limited, be creative with finding space in the back of closets or cabinets, or under furniture, such as beds or couches. Additionally, take some time to declutter to create more usable space.
- Be mindful of where you store bagged items since they can be easily chewed through by insects and animals.
- Don't pack away supplies and forget about them. Rotate your extra supplies into your regular meal routine as they start to expire.

DIFFERENT WAYS TO COOK FOOD

While you're building up your food supply, think about how you might cook indoors without traditional appliances that require power and how you might cook outdoors. Whatever alternative cooking methods you prefer, it's best to have more than one in mind and stock the necessary fuel sources. Here are some alternative cooking methods:

INDOOR WITHOUT ELECTRICITY OR GAS       	OUTDOOR       
 <p>Sterno is a gelled alcohol substance that comes in a small can. When ignited, Sterno can be used to heat fondue pots and camp stoves.</p>	 <p>Charcoal Briquettes</p>
 <p>Wood Burning Stove</p>	 <p>Butane</p>
 <p>Wood Burning Fireplace</p>	 <p>Liquid Propane Tanks</p>
 <p>Alcohol Burner</p>	 <p>Wood</p>

OTHER CONSIDERATIONS

- Avoid salty foods that will make you thirsty.
- Remember special dietary needs and cultural considerations.
- Use disposable or inexpensive dinnerware and utensils that are easy to clean with minimal water.
- Stock a variety of alternative fuel sources to use when preparing food, such as charcoal, propane or wood.
- Eat foods from your stash regularly to ensure they don't expire.

ACTIVITIES: Pages 58-64