

12 Months of Preparedness

7. Food in a Disaster

Food is one of life's primary necessities along with shelter and water. No matter what type of disaster or emergency, no matter where you are (home, office, traveling, etc.), you will need food. The breadth of disaster/emergency circumstances and any personal needs should be considered when making your food preparedness plans. In general, everyone—no matter their location—should keep a minimum 3-day supply of foods with long shelf lives. In Corvallis however, due to the length of time that emergency services and power would likely be unavailable after a major earthquake, a larger supply of emergency food (2–12 weeks) would not be unreasonable. Choose non-perishable foods that require no or little preparation. The following examples are from <https://www.ready.gov/food>:

- Ready-to-eat canned meats, fruits, vegetables and a can opener
- Protein or fruit bars
- Dry cereal or granola
- Peanut butter
- Dried fruit
- Canned juices
- Packaged freeze-dried food
[addition to original [Food | Ready.gov](#) list]



If there is a power outage, a refrigerator (if the door is opened very sparingly or kept closed) will only keep food safe to eat for about 4 hours. A full freezer (if the door is kept closed) will keep food safe for about 48 hours; a half-full freezer, about 24 hours. See the following websites for additional information on emergency food planning and safety.

- Food | Ready.gov – <https://www.ready.gov/food>
- Food Safety in a Disaster or Emergency – <https://www.foodsafety.gov/keep-food-safe/food-safety-in-disaster-or-emergency>
- Food Safety During Power Outage – <https://www.foodsafety.gov/food-safety-charts/food-safety-during-power-outage>
- Food and Water Safety During Power Outages and Floods – <https://www.fda.gov/food/buy-store-serve-safe-food/food-and-water-safety-during-power-outages-and-floods>

Special Considerations (Pictures linked to webpages.):

“Go Bags”: Due to the limited space in portable “go bags,” high-calorie, nutritional protein or fruit bars can be a good choice. The one downside is that, depending on the type of bar, they can melt into a sticky mess inside the wrapper if left in a hot environment. For example, the trunk of a car under a summer sun.

First 3–7 Days Emergency Food: During the first several days following a disaster/emergency, the types of food listed under the <https://www.ready.gov/food> website are preferred since they require no preparation, have long shelf lives, and are generally inexpensive.

Week 2 and Beyond Emergency Food: For extended emergency food supplies, ready-to-eat non-perishable food supplies can pose expiration date and storage space challenges. Emergency packaged freeze-dried foods often come with 25–30 year shelf lives and require relatively little storage space. However, they can be expensive and require hot water & cooking utensils for preparation.



2-Week (30-Year) Supply