



In an effort to ensure that you and your family is prepared at home and to support National Preparedness Month

The Tip of the Week

Food

- ❖ Store *at least* a three-day supply of non-perishable food.
- ❖ Select foods that require no refrigeration, preparation or cooking and little or no water.
- ❖ Pack a manual can opener and eating utensils.
- ❖ Avoid salty foods, as they will make you thirsty.
- ❖ Choose foods your family will eat.
 - Ready-to-eat canned meats, fruits and vegetables
 - Protein or fruit bars
 - Dry cereal or granola
 - Peanut butter
 - Dried fruit
 - Nuts
 - Crackers
 - Canned juices
 - Non-perishable pasteurized milk
 - High energy foods
 - Vitamins
 - Food for infants
 - Comfort/stress foods
- ❖ Go to <http://www.ready.gov/> for help in developing a family emergency plan



Alaska Synod
Evangelical Lutheran Church in America
God's work. Our hands.