ARE YOU PREPARED FOR AN EMERGENCY?

The time to get prepared is now! I was reminded of this recently when the “polar vortex” descended upon Maryland and I awoke to a house without power. A scene I hope doesn’t repeat itself for another twenty years. Yes, we had all our supplies but they were stored all throughout the house. With the lights out it was challenging to find what we needed. Lesson learned…put everything in a designated container that’s labeled and keep it in a specific location. Make sure all family members know where it’s kept in case adults aren’t home.

READY Frederick County is your source for information on preparing for, responding to, and recovering from emergencies. You can learn more at http://www.frederickcountymd.gov/index.aspx?NID=4541

Everyone should have a basic supply kit ready in case of an emergency which contains:

- Battery powered radio
- Clothing and bedding
- Copies of important documents
- Food
- First Aid Kit
- Flashlight
- Extra batteries
- Prescription medications
- Water – 1 gallon per person per day

Here are suggestions for non-perishable food until the power comes back on:

- Canned meats. Choices include chicken, dried beef, ham, turkey, Vienna sausage, spam, and turkey.
- Canned or pouch fish. Possible choices are clams, crabs, mackerel, oysters, tuna, salmon, sardines, and shrimp.
- Canned vegetables
- Canned soups
- Protein bars or meal replacement bars
- Dry cereal or granola
• Peanut butter
• Nuts
• Dried fruit. Choices include apples, apricots, banana chips, blueberries, cherries, craisins, figs, peaches, raisins, etc.
• Canned juices like apple, grape, pineapple, tomato, and vegetable
• Canned or jarred baby food and formula
• Pet food

Other food supplies I store for emergencies are:
• Canned fruits like applesauce, fruit cocktail, mandarin oranges, peaches, pears, and pineapple.
• Rice
• Quick cooking cereals like cream of wheat, grits, and oatmeal.
• Canned and dry pasta dishes like ravioli, macaroni and cheese.
• Mixes that require only water to prepare – brownies, cakes, muffins, pancakes.
• UHT (Ultra High Temperature) milk in a box, evaporated milk and powdered milk

At least a three-day supply of non-perishable food should be stored for each person. The food selected should not need to be refrigerated, prepared or cooked, and it should use little or no water. Be sure to pack a hand can opener since electric can openers can’t operate if the power is off. Most important on the list is water… one gallon per person per day.

The time to get prepared is NOW!

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