

Emergency Response



**simcoe
muskoka**
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Your Health Connection

7 to 10 Day Food Kit

Since your emergency kit provides food for a short time only, you don't have to aim for perfect nutrition. However, having nutritious meals and snacks will help keep energy levels up and help everyone feel their best. Families who are breastfeeding their children should feel supported and are encouraged to continue to do so during the emergency.

Food & Water considerations

- Take into account the needs of each family member. Food requirements may vary for family members with special diets, infants, children, and elderly members.
- Individuals with disabilities and allergies may also have specific dietary requirements.
- Select food that your family likes and eats on a regular basis.
- Include food items that are:
 - Non-perishable
 - Do not require refrigeration
 - Require minimal or no water
 - Require minimal or no cooking
 - Are not too heavy or easily breakable
- Plan enough water for two litres of water per person, per day, and additional two litres per person, per day for cooking or cleaning.
- Remember to take into account food requirements for your pet(s).
- Consider packing some familiar foods to comfort during times of stress.
- Remember a manual can opener and utensils.

- Check expiration dates on food items.
- Remember to rotate and replace food at least once per year

Food Suggestions

The following is a list of suggestions that can be used to guide your food selection. The list is based on the four food groups identified in Canada's Food Guide
<http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php>.

Grain Products:

- Bagel chips
- Crackers
- Melba toast, bread sticks, rice cakes
- Pita chips
- Ready-to-eat breakfast cereal – individual packets
- Quick cooking/instant rice
- Uncooked instant oatmeal – individual packets
- Granola bars

Vegetables and Fruit:

- Applesauce
- Dried fruits
- Fruit salad cups
- Instant mashed potatoes
- Vegetable or fruit juice in tetra-pack boxes or plastic containers

Milk and Alternatives:

- Condensed, dehydrated or evaporated milk
- Skim milk powder
- Packaged, ready-to-eat puddings
- Shelf-stable rice and soy beverages

Meat and Alternatives:

- Dried or powdered eggs
- Nut butter (peanut, almond, cashew, sesame tahini)
- Nuts

- Canned meats, fish, beans
 - Dried beans, peas, lentils
- Other Items:
- Bottled water – 4 litres per person per day – remember pets too!
 - Sports drinks

Food for infants

- For infants not currently breastfeeding, supply of infant formula (same brand as used normally, strongly recommend ready-to-serve formula to avoid preparation)
- Age-appropriate foods (choices, textures and portions) from the list above

Comfort Foods/Snacks:

- Biscuits/cookies
- Gelatin cups
- Hot chocolate
- Instant coffee
- Nuts and seeds
- Trail mixes

References

[Seven-Day Emergency Food Kit](#). Region of Peel and Peel Regional Emergency Program (Prep). Accessed online April 26, 2010 at

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Preparing for an Emergency: A focus on water and food. Dietitians of Canada Practice-Based Evidence and Nutrition (PEN) resource. November 3, 2008.

Infant and Young Child Feeding in Emergencies: Operational Guidance for Emergency Relief Staff and Programme Managers (February 2007, Version 2.1). Accessed on line May 3, 2010 at: <http://www.enonline.net/pool/files/ife/ops-guidance-2-1-english-010307.pdf>.

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