

# 1. FOOD FOR A LONG WEEKEND

## Preparing 3 days' food stores

### WHY ACT?

The pace of New York City life coupled with food marketing trends in recent years add up, in many cases, to sparse cupboards. For some, hectic schedules result in regular dining out or the purchase of prepared food in supermarket deli sections. The NYC Office of Emergency Management recommends that every person has a *minimum* of 72 hours of emergency provisions on hand. So in preparing for an emergency, stocking your cupboard for three days is the logical starting place.

### PREPAREDNESS ACTION

- Step 1: Get a notebook and a pen or pencil.
- Step 2: Make a breakfast, lunch and dinner menu for a minimum of three days for each household member. Emphasize preference, convenience, and food items not requiring refrigeration.
- Step 3: Convert this menu into a shopping list.
- Step 4: Inventory your cupboard to see what food you have on hand.
- Step 5: Buy the needed food items and necessary utensils such as a manual can opener.
- Step 6: Write the purchase date on each item with a marker and use these foods before their shelf life expires.
- Step 7: If possible, keep these food supplies in an easily accessible, separate container or special cupboard. Tell your household that these supplies are to be used for emergency only. If space is limited, place new items in the back of your normal storage area and the older ones in front.

### MATERIALS

A manual can opener. Canned soups, fruits and vegetables, packaged cereals, grains, pastas, sauces, dried milk, crackers, etc. Processed foods with good shelf life in a wide price range are a cornerstone of the modern food industry, so selecting these items will be quick and easy.

### TIME

Two hours to plan and shop; less if combined with regular grocery shopping.

# RESILIENCY GAIN

A modest and affordable insurance policy against the kind of routine disruptions that can occur anytime, anywhere.

