TAKE HEALTH PRECAUTIONS
Here are some additional tips for ensuring the health of your family.
• When feeding babies and toddlers, open fresh food for each meal. There may be waste, but safety is important.
• If you are using canned formula to feed your baby, use ready-to-use or mix only enough for one feeding.
• Use only boiled or disinfected water to mix with powdered milk.
• If safe water or water disinfecting materials are not available, use canned or bottled fruit juice instead of water.
• Boil all water in food preparation for at least 10 minutes.
• When in doubt, throw it out!

CONSERVE WATER
You should keep a supply of water for use in emergencies, but you can also disinfect water for drinking if necessary. If you have access to heat or power, water can be made safe by boiling. If not, you will have to treat it with chemicals.
• Boiling water (preferred method) – Boil water at a rolling boil for 10 minutes to kill disease-causing bacteria.
• Chemical treatment – Household bleach is a good disinfectant for water. Since the amount of chlorine in bleach varies, use the table below to determine the amount of bleach to add to water. Mix the bleach and water and let stand for 30 minutes. (The water should have a slight chlorine odor.)

<table>
<thead>
<tr>
<th>Percent chlorine in bleach</th>
<th>Add to each gallon of water</th>
</tr>
</thead>
<tbody>
<tr>
<td>1%</td>
<td>40 drops</td>
</tr>
<tr>
<td>2-6%</td>
<td>8 drops</td>
</tr>
<tr>
<td>7-10%</td>
<td>4 drops</td>
</tr>
</tbody>
</table>

SOURCES:

DSS Brochure 3459 (JAN 01)
BE PREPARED WITH A THREE DAY EMERGENCY FOOD SUPPLY
Having an emergency food supply means you won't go hungry when transportation, weather, health or other problems prevent you from getting your usual supply of groceries or meals.

SUGGESTED GROCERY LIST
(For one person, increase as needed for household)
- Dry cereal – one box (7 oz.)
- Crackers – one box (8 oz. or more)
- Peanut butter – one jar (12 oz.)
- Canned juice – one can (16 oz. or 6-6 oz. cans)
- Applesauce – one pack of four or more individual cups
- Peaches – one can (8 oz.)
- Fruit cocktail – one can (8 oz.)
- Pork and beans – one can (8 oz.)
- Corn – one can (8 oz.)
- Tuna – one can
- Processed cheese spread – one jar (4.5 oz.)
- Beef stew – one small can
- Chili – one small can
- Soup – one can
- Cocoa – one box
- Pudding – one pack of individual cups
- Raisins – one box (12 oz.)
- Nuts – one container
- Nonfat dried milk – one box
- Bottled water – one gallon
- Milk – one quart
- Bread – half a loaf (per person)

Note: To be prepared, store some bread in the freezer.

SUGGESTED MENUS FOR THREE DAYS

1

Breakfast – Cold cereal, milk, juice
Lunch – Peanut butter, bread, applesauce, cocoa (with reconstituted milk)
Dinner – Canned chili, crackers, corn, milk

2

Breakfast – Toasted bread, peanut butter, juice
Lunch – Tuna, bread, peaches, juice or cocoa
Dinner – Canned beef stew, crackers, pudding, milk

3

Breakfast – Cold cereal, milk, juice
Lunch – Cheese, crackers, pork and beans, fruit cocktail, cocoa
Dinner – Soup, peanut butter, bread, applesauce, milk

SAFE HANDLING OF FOOD AND UTENSILS
Use a thermometer. Keep a thermometer in the refrigerator and freezer at all times to see if food is being stored at safe temperatures (40º F for the refrigerator; 0º F for the freezer).

LEAVE THE REFRIGERATOR AND FREEZER DOOR CLOSED
A full freezer should keep food safe for about two days; and a half-full freezer, about one day without power. Refrigerated foods should be safe for about four to six hours. To help prevent cold air from escaping, cover the refrigerator/freezer with blankets or crumpled newspaper and only open the door to take food out, move food to a cooler or add dry ice.

NEVER TASTE FOOD TO DETERMINE ITS SAFETY
Some foods will look and smell fine, but can be unsafe and will make you sick. When in doubt, throw it out.

REFRIGERATED FOOD

<table>
<thead>
<tr>
<th>Food Type</th>
<th>Safe Conditions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Milk, cream, yogurt, sour cream</td>
<td>Discard</td>
</tr>
<tr>
<td>Baby formula, opened</td>
<td>Discard</td>
</tr>
<tr>
<td>Eggs, egg dishes, egg products</td>
<td>Discard</td>
</tr>
<tr>
<td>Soft cheese, shredded cheese</td>
<td>Discard</td>
</tr>
<tr>
<td>Hard cheese (cheddar, Swiss), processed cheese (American), cheese in a can/jar</td>
<td>Safe</td>
</tr>
<tr>
<td>Fruit juice or canned fruit (opened)</td>
<td>Safe</td>
</tr>
<tr>
<td>Fresh fruit, raisins, dried fruit</td>
<td>Safe</td>
</tr>
<tr>
<td>Raw vegetables</td>
<td>Safe</td>
</tr>
<tr>
<td>Cooked vegetables</td>
<td>Discard</td>
</tr>
<tr>
<td>Vegetable juice, opened</td>
<td>Discard</td>
</tr>
<tr>
<td>Fresh, leftover or thawing meat</td>
<td>Discard</td>
</tr>
<tr>
<td>Leftover casseroles, soups, stews</td>
<td>Discard</td>
</tr>
<tr>
<td>Lunchmeats and any opened canned meats</td>
<td>Discard</td>
</tr>
<tr>
<td>Bread, rolls, cakes, muffins, quick breads</td>
<td>Safe</td>
</tr>
<tr>
<td>Cooked pasta, noodles, salads</td>
<td>Discard</td>
</tr>
<tr>
<td>Peanut butter</td>
<td>Safe</td>
</tr>
<tr>
<td>Condiments (relish, mustard, ketchup, jelly, BBQ sauce, taco sauce)</td>
<td>Safe (for eight hours)</td>
</tr>
</tbody>
</table>