



# Restocking and Rotating Food

## in your emergency preparedness kit

Now is a good time to go through your emergency Preparedness kit(s) and look at the expiration dates on the food and rotate in new items. Water should be replaced every six months too, so replace your water supply with fresh bottles.

**Kitsap County Department of Emergency Management has many information sheets, booklets and even streaming videos to show you the steps to get you and your family prepared, just visit : [www.kitsapdem.org](http://www.kitsapdem.org)**

Below are suggested guidelines for what you should have in your kit. If you haven't had the chance to put one together yet, now would be a great time to start.

### Water:

Keep at least a three-day supply of water for each person in your household. Two-liter soda pop bottles work great. That means six two-liter bottles per person.

### Food:

Store at least a three-day supply of non-perishable food. Select foods that require no refrigeration or cooking, and little or no water.

- Canned meats, fruits, and vegetables
- Canned juices and soups
- High energy foods – peanut butter, granola bars, trail mix, beef jerky
- "Comfort" foods – cookies, hard candy, etc.



## What is the Shelf-life of Foods for Storage?

Here are some general guidelines for rotating common emergency foods.

### Use within six months:

- Powdered milk (boxed)
- Dried fruit (in metal container)
- Dry, crisp crackers (in metal container)
- Potatoes

### Use within one year:

- Canned condensed meat and vegetable soups
- Canned fruits, fruit juices and vegetables
- Ready-to-eat cereals and uncooked instant cereals (in metal containers)
- Peanut butter
- Jelly
- Hard candy and canned nuts
- Vitamin C

### May be stored indefinitely (in proper containers & conditions):

- Wheat
- Vegetable oils
- Dried corn
- Baking powder
- Soybeans
- Instant coffee, tea and cocoa
- Salt
- Noncarbonated soft drinks
- White rice
- Bouillon products
- Dry pasta
- Powdered milk (in nitrogen-packed cans)

