

BE PREPARED for SEVEN DAYS!

Recommended emergency supplies to have for a family of four for seven days.



28 gallons of water

One (1) gallon of water per person, per day; 2 liters for drinking and 2 liters for washing.



224 ounces of grain

Eight (8) ounces of grain per person, per day (ex. instant oatmeal, cereal bars, dry rice mixes).



84 cups of vegetables

Three (3) cups of vegetables per person, per day.



56 cups of fruit

Two (2) cups of fruit per person, per day.



224 ounces of protein

Eight (8) ounces of protein per person a day (ex. foods with beans, nut butter, nuts, dried or canned meat/fish).



Shelf-Stable Food

- **Dried meats.** Beef jerky or beef sticks are good sources of long-storing protein.
- **Canned fish and meat.** Canned tuna is an excellent source of protein and omega-3 fatty acids. Canned ham and sandwich spreads can be eaten with crackers. Beans are an excellent source of nutrition.
- **Canned fruits.** Peaches, pears, berries, and applesauce are good sources of vitamin C and other nutrients.
- **Canned vegetables.** Vegetables, such as beans, peas, carrots and so on are important.
- **Dried fruits.** Dried fruits, such as raisins, are another way to get nutrition in your emergency food pantry.
- **Whole grain crackers.** These are good replacements for bread.
- **Nuts.** Almonds, walnuts, cashews and pecans have protein, fiber, and healthful fats.
- **Granola bars.** These are good for sweet treats.
- **Dry cereals.** They are fortified with extra vitamins and minerals and can be eaten dry.
- **Juice boxes.** Single-serving-sized, 100% fruit juice that doesn't need to be refrigerated.
- **Water.** In case the water supply becomes contaminated, store one gallon of water per person, per day.



Health and Medical Supplies

- **First aid supplies.**
- **Medicines.** Have at least 7 days of medicine stored as medicines may not be available after a disaster.
- **Multivitamins.** A bottle of multivitamins can help supply any missing nutrients.
- **Electrolyte drinks.** Gatorade or PowerAde are a good addition to your emergency food pantry.
- **Unscented liquid bleach.** Treat water (boil for 10 minutes, cool for 30 minutes, chlorine must be added to cool water, add 16 drops of liquid bleach to a gallon of water)
- **Heavy Duty Plastic garbage bags.** To use in place of toilets when sewer lines compromised.



Self-Powered Supplies

- **Can opener.** Keep a can opener or church key opener in your emergency food pantry.
- **Stove.** A camping stove or small grill may be used in a safe area to heat foods.
- **Matches / lighters.**
- **Cash.** ATM's and banks may not be open and working after a disaster.
- **Car or other rechargeable cell phone charger.**
- **Generator and fuel.** For your home, or a way to keep warm if the power is out for at least a week.
- **Flashlights / batteries.**
- **Battery / solar powered or hand-crank AM/FM radio.** Tune to KIRO 710 or MIHS Radio station 88.9FM.



Other Supplies

- **Food, water, and medicine for pets.**
- **Charged Fire Extinguisher.**
- **Large containers.** Keep bags, backpacks, or other large containers close by. In the event you must get out of your house in a hurry, you do not want to have to hunt for a bag to carry your food.
- **Copies of important documents kept in waterproof container / bag.**

Start building your supplies today!

For more preparedness info visit the **City of Mercer Island Emergency Management** pages

www.mercerisland.gov/emergencypreparedness