

Food planning during emergency or disaster

By: Hazel Jackson, County Agent for Family & Consumer Sciences

Pre-planning and using recommended cooling and cooking practices will ensure your family has safe, nutritious meals in the event of a flood, tornado or other weather disaster.

To prepare for a crisis, collect a two-week supply of food for each family member. Consider members' needs and preferences, storage space and emergency cooking methods. Remember to collect formula or baby food for infants, as well as food for your pets.

Be sure to include water in your emergency food reserve. A person can live several days without food, but only a few days without water. So stock up on bottled water, allowing at least two quarts per day for each person in your family.

There are several alternative water sources in your home. You can melt ice cubes, use cooled water from the hot-water tank, the toilet tank (not the bowl!) and water pipes.

Don't use water from the toilet tank if you've added chemical treatments to it. To use the hot-water tank, turn off the heating source to let the tank cool; then use a container to collect water from the drain valve at the bottom of the tank. To use water from water pipes, release air pressure in the plumbing system by turning on the highest faucet in the house and drain water from the lowest faucet.

The easiest way to plan a food

reserve is to increase the amount of food you normally keep on the shelf or pantry. Rotate your supply once or twice a year, or follow the use-by date.

It's best to buy pre-packaged foods such as canned goods, juices, and no-freeze dinners in vacuum-packed containers. Canned foods don't require cooking, water, or special preparation. A variety of canned foods means your family can have reasonably well-balanced meals. It might be more practical to serve more generous portions of fewer types of foods if water or power are limited.

Store canned and dry foods in a cool area away from heat and light. After opening a package, put the remaining contents in a screw-top jar or air-tight container to protect them from pests. Also put a manual can opener and disposable plates and utensils with your reserve food supply.

Periodically inspect all food containers for spoilage and discard all dented containers or those with broken seals. Remember, you can't rely on appearance or odor to determine whether a food is safe for your family to eat.

Power Outages

If the electricity goes off, first use perishable foods in the refrigerator; then, foods from the freezer.

Remember, each time you open a refrigerator or freezer door, it reduces the time food remains at a safe, non-perishable temperature.

A full, free-standing freezer will keep food at safe temperatures for up to three days. A refrigerator freezer will safely maintain foods for about two days. Frozen food with ice crystals in the center is safe to eat if properly cooked.

Use non-perishable foods and staples last during extended periods without electricity.

You can choose from several emergency cooking methods including a fireplace, top of a kerosene heater and outside on a charcoal or gas grill or camp stove. Candles and cans of sterno also can provide heat. Chafing dishes and fondue pots make good heating utensils, as do cans of food with lids and paper labels removed.

If you need matches to start cooking equipment, store them in closed plastic bags with the equipment.

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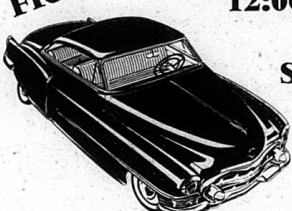
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Re-Elect Donald Bullock

I would like to thank the people in the 5th District for electing me as your magistrate in the past. I have always voted on the issues the way I thought it would be in the best interest of the people in my district. If re-elected I will continue to do so.

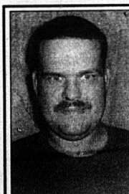
Your vote and influence will be greatly appreciated.



Re-Elect Donald Bullock
Magistrate 5th District

#7 On The Ballot

Paid for by Donald Bullock



Vote
Larry
Newcomb
Magistrate
District 1

My name is Larry Newcomb. I am running for the office of magistrate in district 1. I am a lifelong resident of Rockcastle County as is my wife of 17 years, Stella. We have two children, Larry and Jessica Newcomb. I have owned and operated my own business, for years which has given me the opportunity to meet many of the citizens of Rockcastle County. This has let me hear the needs and wants of the people. I feel that I can do great things if given the opportunity to be the voice of the people of district 1. The citizens have told me that they are ready for a change. If elected, I will address each and every problem that is brought before me. I am seeking the office of magistrate to ensure a better future for us as well as our children.

I would appreciate your vote and support on May 28, 2002.

Paid for by Larry Newcomb

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