



## MONTHLY PREPAREDNESS TOPIC

### HOW TO PREPARE:

If a disaster strikes, you might not have access to food, water, electricity for days or even weeks. Having a stored supply of food will help sustain you and your family.

### KNOW YOUR OPTIONS



#### FREEZE DRIED FOODS



#### DEHYDRATED FOODS



#### MEALS READY-TO-EAT



#### CANNED FOODS

### PROS



- Long shelf life (up to 25 years)
- Lightweight and low moisture
- Best way to dry meat products
- Tastes better than dehydrated
- Requires no refrigeration
- Retains most nutritional value

### CONS



- Most expensive option
- Most items require water
- Bulkier than dehydrated items
- If purchased in Mylar pouches, they're susceptible to puncture

- Very little waste
- Lightweight
- Long shelf life
- Not easily spoiled
- Inexpensive if done at home

- Requires water to prepare
- Reconstituted items lose taste
- Some items take a long time to reconstitute
- Dehydration process can affect the nutritional value of items

- Convenient to use
- Familiar foods available
- Requires no water to prepare
- No mixing or blending required
- Can be easily heated
- Safe to eat as is

- Relatively expensive
- Taste considered poor by some
- Not for long-term consumption
- Artificial additives used
- No options for allergies
- Pouch susceptible to puncture

- Wide variety of choices
- Secure packaging
- Easily available
- Least expensive
- Moderate shelf life (3 years)

- Heavier than other options
- Difficulty in freezing conditions
- Lots of preservatives and salt
- Not practical for traveling
- Humidity can cause rusting
- Requires more storage space

### TIPS!

Consider keeping a variety of these items to prepare for a variety of potential situations!

Depending on foods chosen, keep in mind preparation containers and can openers.

Remember, in addition to food, you will need 1 gallon of water per day per person.



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