

HOW MUCH FOOD AND WATER TO HAVE ON-HAND

It's a very wise move to keep a supply of water and food on hand in case of an emergency. But, how much is enough?

Three days-worth is the minimum recommendation. What does that break down to in actual amounts?

WATER

A minimum of one gallon of water per day per person for drinking and sanitation. For a family of four, that would mean 12 gallons.

Another way to determine the amount needed is to take half your weight, say 200 pounds = 100 ounces of water per day. Again for a family of four with a combined weight of say 500 pounds, it would mean that 750 ounces or 5.9 gallons. Add to that another 200 ounces for sanitation and the total now is 7.4 gallons.

Neither of the above take into consideration additional water for cooking. I would recommend adding a minimum of 200-400 ounces for cooking.

Additionally, you could add a supply *Purell* or another brand of hand sanitizer not requiring water and adjust the amount of water that you need to store.

Best option is to purchase sealed gallon jugs of spring water for drinking and tap water for sanitization and cooking. You can keep empty 1 gallon jugs that had contained water to use for the latter.

I recommend rotating the tap water supply monthly and the sealed spring water per the "use by" date.

FOOD

Recommended minimum calories per day, depending on level of activity:

- Child = 1,600 - 2,000
- Teen = 2,000 - 2,600
- Adult = 2,200 - 3,000

For the easiest storage, purchase a 3-day supply from *Wise* or another reliable vendor.

Rotate your food stock per the "use by" date.

These are but recommendations. Please carefully consider the needs of your family and customize as warranted.