

## Emergency Preparedness and Food Storage

It is impossible to entirely prepare for emergencies as they can, and often do, occur without notice. Whether it is a flood, an earthquake or a rail accident, there are bound to be damages. It is therefore, essential to be prepared for such a situation. Water and food are essential for life, and a person can not survive long without them. Food storage is an important aspect of any emergency preparedness plans. There are specialized companies that produce a range of emergency food products capable of being stored for almost a decade. There are different ways in which food and water can be preserved. Food can be frozen and canned or dehydrated and dried thus making them fit for usage over a long period of time. Water can be stored in sturdy bottles and a purifier can be kept with the kit to ensure potable drinking water. Companies producing food essentials take considerable time when processing and packaging these foods, owing to the increased measures to ensure freshness over time. It is also possible for these companies to offer custom-made food storage kits catering to the tastes of buyers. They are usually priced reasonably making them affordable for all. Care has to be taken while storing food to ensure that the nutrients in it are not lost. Emergency preparedness committees recommend that citizens maintain sufficient stock of essential food items. The invariable response to this recommendation is questions as to how much food is sufficient stock for emergencies. This depends upon the duration of time for which the food will be required. If it is short-term storage, a three-day food kit is sufficient. A long-term storage kit would have a supply for at least a year with enough options to store infant food supply also. During some calamities, electricity is affected and it is essential to stock food that can be eaten without having to be cooked. Companies that produce essential food kits are strictly under surveillance in terms of quality. It is advisable to buy kits from certified companies to ensure good quality and well-preserved food.

## About the Author

Necessarily food allergies but perhaps other allergic diseases. After ruling out food intolerances and other health.

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