



Beyond Three Days

‘Ready, Safe, Go’

April 26, 2008



Background

- Years of preparedness education urges 3 day supply kits
- Those kits are based on short term need and mobility
- 3 day kits focus on basic life needs: water, food, shelter, sanitation, etc
- These basic needs change after 3 days
- What is presented here is *only* a start and *ideas!*



Outline

- Sustainability Starter
- Planning
- Timelines
- Food Storage - Water Storage - Gardening
- Shelter
- Sanitation
- Health Care
- Next steps and decisions to be made



Sustainability Starter

- Definition – the ability to supply with food, drink, and other necessities of life
- Development
- Integration into daily life



Planning

- Key stakeholders
- Strategy
- Space
- Supply choices
- Finances



Timelines

- Two Weeks
- One – Three Months
- One year or longer



Food Storage and Planning

Types of Stored Food

- Dehydrated, Packed Food
 - Convenient but expensive and requires extra water.



Types of Stored Food

- Pre Packed Kits
 - Can store longer term, minimal choices



Types of Stored Food

- Bulk / “Do It Yourself”
 - Labor Intensive but freedom of choice and can be cost effective.





Bulk Staples for One Adult for One Year

Item	Amount*
Wheat	240 pounds
Powdered Milk	75 pounds
Corn	240 pounds
Iodized Salt	5 pounds
Soybeans	120 pounds
Fats and Oil	20 pounds**
Vitamin C***	180 grams

*Best to buy in nitrogen-packed cans

** 1 gallon equals 7 pounds

*** Rotate every two years



Think about
space you have
for storage and
necessity of the
supplies.

Converters

- Conversions of weight to volume help in your preplanning
 - <http://www.onlineconversion.com/>
 - <http://www.unitconversion.org/>
 - <http://www.physlink.com/reference/UnitConversion.cfm>

How much is really necessary?

- One 10-gallon tub =

- 44 lbs of wheat
- 60 lbs of cornmeal
- 70 lbs of beans (dry)





Tips to Increase Your Food Storage

- Buy a supply of the bulk staples listed previously.
- Build up your everyday stock of canned goods until you have a two-week to one-month surplus.
- From a sporting or camping equipment store, buy commercially packaged, freeze-dried or air-dried foods.
- Canned meats are also options.
- Another option is to purchase dry, packaged mixes from the supermarket.



Use within six months

- Powdered milk (boxed)
- Dried fruit (in metal container)
- Dry, crisp crackers (in metal container)
- Potatoes



Use within one year

- Canned condensed meat and vegetable soups
- Canned fruits, fruit juices and vegetables
- Ready-to-eat cereals and uncooked instant cereals (in metal containers)
- Peanut butter
- Jelly
- Hard candy, chocolate bars and canned nuts



*May be stored indefinitely**

- Wheat
- Vegetable oils
- Corn
- Baking powder
- Soybeans
- Instant coffee, tea
- Cocoa
- Salt
- Noncarbonated soft drinks
- White rice
- Bouillon products
- Dry pasta
- Vitamin C
- Powdered milk (in nitrogen-packed cans)

*2-3 years if stored in proper containers and conditions



Dates on Food Packages

- Sell-by/Expiration Date
- Best if used by/before
- Use By

Tips for Storage

- Keep food in a dry, cool spot
- Open food boxes and other re-sealable containers carefully so they can be closed tightly after use
- Wrap perishables, such as cookies and crackers, in plastic bags and keep them in sealed containers
- Empty open packages of sugar, dried fruits, and nuts into screw-top jars or air-tight canisters
- Inspect all food for signs of spoilage before use
- Throw out canned goods that become swollen, dented, or corroded
- Use foods before they go bad and replace with fresh supplies, dated with ink or marked.



Tips for Food Storage

- Take notice of how much food you use in a specific period of time, like one month.
- Store food in air-tight, moisture-proof containers and away from sunlight.
- Get food that you like to eat.



Canned Foods

- Write contents and use by date on can with permanent marker
- Still usable after floods or water damage
 - Must sanitize properly
- Discard bulging or damaged* cans

* Damage of unknown origin or can appears 'suspicious'



Water Storage



Water Storage

- Tap Water
 - Can be stored for 6 months
- Bottled Water
 - Can be stored for 5 years or more
- Purification Techniques



Purification Techniques

- Iodine or Chlorine Tablets
- Chlorine Bleach
- Boiling
- Distillation
- Filtering

Water Storage Choices



5-gallon bucket



50-gallon drum



Gardening as Another Source

Things that are easy to grow

- Carrots
- Cucumber
- Green beans
- Lettuce
- Legumes
- Onion
- Peas
- Radish
- Summer squash
- Sweet pepper
- Tomato



Seeds / Gardens

- Hybrid vs Non-Hybrid
- Ability to store long term

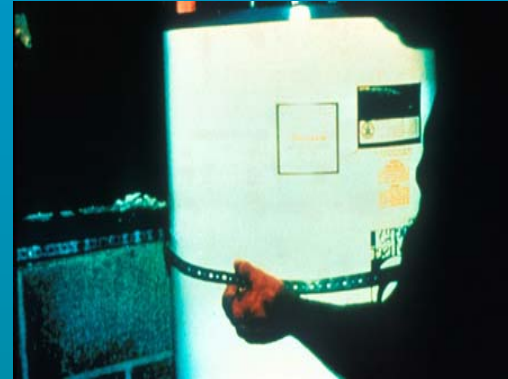


Shelter

- Mitigation – simple steps you can take to minimize damage to your home and contents
- Retrofitting – construction techniques that a contractor can do to reinforce your home
- Temporary or Built – shelters that can be assembled after a disaster

Non-Structural Mitigation

- Strap water heaters

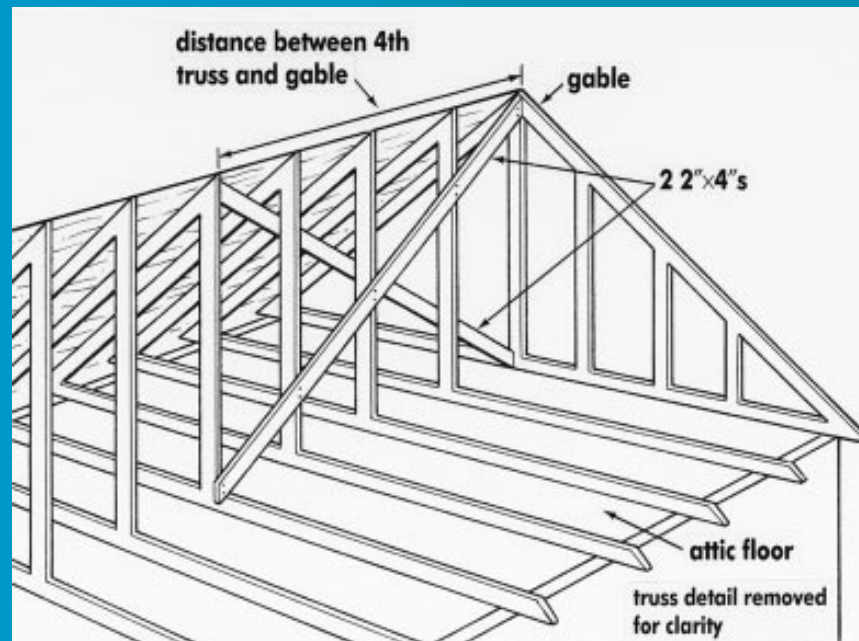


- Bolt bookcases and appliances



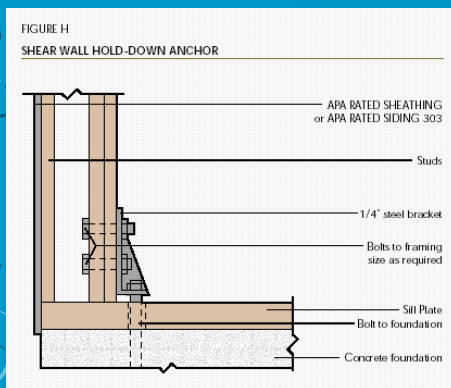
Structural Mitigation

- Brace gable ends and trusses



Structural Mitigation - cont

- Foundation connection
- Sheer walls
- Minimize chimney damage
- <http://earthquakeadvisor.com/index.html>



All of these methods require professional engineering and installation!!!

Temporary or Built Shelters



<http://www.shelter-systems.com/>

<http://www.calearth.org/emergshelter.htm>





Sanitation

- Emergency Toilets

- Locate the toilet away from food preparation or eating areas.
- Locate latrines and portable toilets at least 100 feet away from surface water bodies such as lakes, rivers, streams, and at least 100 feet downhill or away from any drinking water source (well or spring), home, apartment, or campsite.
- Provide a place next to the emergency toilet to wash hands that offers soap, running water, and paper towels.
- Keep doors and covers closed when the toilet is not in use to keep out insects and animals and to prevent injury.
- Always supervise small children when they are using the emergency toilet.



Convert a Flush Toilet or make one out of a plastic pale.

- Line the inside of a toilet bowl, 5 gallon pail, or another appropriately sized waste container with two heavy-duty plastic garbage bags.
- Place kitty litter, fireplace ashes, or sawdust into the bottom of the bags.
- At the end of each day, the bagged waste should be securely tied and removed to a protected location such as a garage, basement, outbuilding, and so on, until a safe disposal option is available.
- Residents may dispose of the waste in a properly functioning public sewer, or septic system, or they may bury the waste on their own property.

During a declared emergency, these bags may be included with the regular garbage if a public announcement has been made that allows this method of disposal.



Health Care

- This portion is under development.
- There are many lines of thought and resources.
- Various books can be found listed at:
 - <http://www.captaindaves.com/med-faq/med-5.htm>

Final Thoughts

- What works for me?
- Remember space available to you.
- Reasonable approach

Sources Used

- Consumer's Guide: Preparing an Emergency Food Supply
 - <http://www.fcs.uga.edu/pubs/current/FDNS-E-34-CS.html>
- “Family Home Storage” Church of Latter-Day Saints
 - <http://www.providentliving.org/channel/1,11677,1706-1,00.html>
- “Food and Water in an Emergency” FEMA
 - <http://www.fema.gov/pdf/library/f&web.pdf>

More Links

- <http://www.captaindaves.com/med-faq/med-5.htm>
- <http://www.wilderness-survival.net/mind-1.php>
- <http://www.nationalterroralert.com/sanitationhygiene/>
- <http://briscoefamily.com/emergency/shelter.pdf>
- <http://www.waterfilterdude.com/water-wilderness.shtml>
- http://www.georgiahikes.com/lib/backcountry_hygiene.html