



# COOKING & KITCHEN TIPS

## Tips for storing food safely in an emergency

If you live in an area that could be affected by a flood, store food on shelves that will safely out of the way of contaminated water.

Use coolers to help keep food cold if the power goes out more than four hours. If the freezer isn't full, stack items close together to help food stay cold longer.

What to keep and what to throw out after a flood discard all food that came in contact with flood waters, including canned goods.

Discard wooden cutting boards, plastic utensils, baby bottle nipples, and pacifiers as there is no way to safely clean and sanitize them.

Thoroughly wash metal pans, ceramic dishes, and utensils with hot soapy water and sanitize by boiling them in clean water or by immersing them for 15 minutes in a solution of 1 teaspoon of chlorine bleach per quart of water.

## Finding a safe drinking water supply

Consider water supplies from wells, cisterns, or other delivery systems in the disaster area unsafe until tested.

Purchase bottled water, if necessary, until your local water supply is confirmed safe, or boil the water source for several minutes at a good rolling boil before drinking.

Keep a three-day supply of drinking water on hand for emergencies  
(3 gallons/person)





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## How to handle fire-damaged foods and goods

**Discard food that has been near a fire or exposed to smoke fumes or chemicals used to fight the fire. This would include any raw food or food in permeable packaging, such as**

**Cardboard, plastic wrap, screw-top jars, or bottles,**

**Cookware exposed to fire-fighting chemicals can be decontaminated by washing in soap and hot water. Then submerge for 15 minutes in a solution of 1 teaspoon fresh chlorine bleach per quart of water.**

## Why it's a bad idea to store food outside in the snow

**Frozen food can thaw if exposed to the sun's rays, even if the temperature is below 32 degrees Fahrenheit.**

**Refrigerated foods can also become warm enough from the sun's rays to allow for-borne bacteria to grow.**

**Food items could be exposed to unsanitary conditions or to animals.**

**Rather than putting the food outside, take advantage of the cold temperatures outside by making ice. Fill buckets, empty milk cartons or cans with water and leave them outside until frozen. Then put the homemade ice in the refrigerator, freezer, or coolers.**

