

DO 1 THING GOAL for APRIL: FOOD

Have an emergency food supply that will meet the needs of your household for 3 days without outside help.

An emergency food supply doesn't have to sit on a shelf, ready for disaster to strike (although it can). It can be part of the food you use every day. The key to a good food storage plan is to buy ahead of time. Replace items before they run out. Buy items when they are on sale. A large duffle bag or plastic tub with a lid makes a great storage place for an emergency food supply. Make sure your family, including pets, will have what they need when disaster strikes.



Put aside a three-day supply of food for disasters. Follow the **BUS** rule to help you. **BUS** stands for **balance, usability, and shelf-life**.

1. **Balance:** You may already buy food that provides a balanced diet for your family. A balanced diet includes a variety of foods from each of the basic food groups. This is especially important for people with certain health conditions. Also include high energy foods



(such as nuts and protein bars) and comfort foods (such as graham crackers or chocolate). Make sure you can meet any special dietary needs in your household.



2. **Usability:** Choose items that don't need to be cooled, heated, or need a lot of water. Examples include canned or dried meat, dry cereal, and canned vegetables. Make sure you have a manual can opener if you plan to use canned goods.



3. **Shelf Life:** Look at the expiration date listed on the food item. Use and replace foods before the expiration date.



Check out this link for more information and help getting prepared: <http://do1thing.com/audiences/individuals>

****MAKE TIME and GET STARTED TODAY! You will be glad you did.****