

## Appendix 'A'

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### **Food**

Water and food are key elements to surviving a disaster. You and your family can assemble an emergency food pack using the list below. Choose food that doesn't need refrigeration, requires little or no preparation, meets any special diet needs, is familiar to your family and is sealed for protection. Protect items from contamination by rodents, insects, humidity, ground water and variations in temperature.

Some suggested items include:

### **Beverages:**

Water (see separate section for information)

Juices (vacuum sealed, waxed containers, 500 ml each with drinking straw)

Evaporated canned milk (120 ml cans)

Coffee, tea, hot chocolate (optional)

### **Canned Foods:**

Prepared meats

Poultry

Seafood

Meat spreads

Sauces

Stews, baked beans, spaghetti

Vegetables

Fruits

### **Freeze-dried Products:**

Meats

Poultry

Vegetables

Fruits

Stews

Soups

### **Instant Foods:**

Dried soups

Sauces

Cereals

Oatmeal cookies

Crackers

Candies and jellies

Peanut butter

### **Foil Pouch Projects:**

Stews  
Sauces  
Pasta dishes

### **Infant Needs:**

Check with a pediatrician or family doctor to be certain your pack contains the proper supply of nourishment.

### **Additional Food-Related Supplies:**

Bottle opener  
Can opener  
Salt (in sealed container)  
Aluminum foil  
Plastic wrap  
Sealed containers for storage  
Paper plates and cups  
Plastic bags – different sizes, include orange garbage bags which can be used as a signal flag.

### **Water**

Readily available, clean, sealed and re-sealable water for drinking and cooking is essential. Plan for at least four liters of water per person per day, two for drinking and two for food preparation, hygiene and dish washing.

There are many types of bottled water available. A supply of bottled or pouch water should be considered. Alternative water sources could include: covered wells, protected springs, contents of your hot water tank or the reserve storage tank on a toilet. \*

In an emergency situation, if no drinking water is available, liquids may be obtained from canned fruits and vegetables and soft drinks.

If you are uncertain of the safety of water that is available, find out more about the following pre- cautions that can be taken:

- i) Boil the water - Boil suspected impure drinking water for a minimum of six minutes. \*
- ii) Purification - Drinking water may be purified with purification tablets, or small amounts of chlorine bleach or iodine. **Check with your local health authorities for more complete information. \***

**\* Some of these sources may only provide water for cooking, hygiene and washing**

## **First Aid Supplies**

First aid supplies, and training, may mean the difference between life and death for an injured family member. It's a good idea for at least one family member to have participated in emergency first aid courses, such as those offered by the Canadian Red Cross or St. John Ambulance. You should also have a well-stocked first aid kit containing suggested supplies listed below. Include copies of all drug and eyeglass prescriptions.

### **General Items:**

Adhesive bandages, assorted sizes.....	box
Elastic bandage, 7.5 cm x 4.6 cm.....	2
Elastic bandage, 10 cm x 4.6 cm.....	2
Abdominal pads.....	2
Sterile gauze pad, 5 cm x 5 cm, 10 cm x 10 cm.....	6 each
Adhesive tape, 7.5 cm x 4.6 cm.....	1 roll
Bandage gauze (cling strip 7.5 cm).....	1 roll
Triangular bandages.....	6
Thermometer (cases).....	1
Current First Aid Manual 1 box.....	1

### **Instruments:**

Heavy-duty clothes cutting scissors.....	1 pair
Forceps, splint.....	1
Pocket knife (Swiss army type).....	1

### **Non-Prescription Items:**

Pain tablets.....	100
Anti-nausea tables.....	100
Hydrogen peroxide 3% (plastic bottle).....	500ml
Antibiotic Skin Ointment.....	15g