Preparing Food Reserves for a Disaster
Prepare for an Emergency

A disaster may strike at any time.
It may take several days before relief supplies are delivered after a disaster strikes.

In case of emergency, you should have at least a three-day supply of drinking water (3 liters per person per day), food rations, fuel, and other supplies to look after yourself and your family.

Have at least a **3-day** supply ready

Prepare a supply of food that can be eaten right away after a disaster strikes

Electricity, gas and water supplies will all likely be unavailable immediately after a disaster.
This is why you need to have a supply of ready-to-eat foods that do not require preparation or cooking.

Shinagawa City

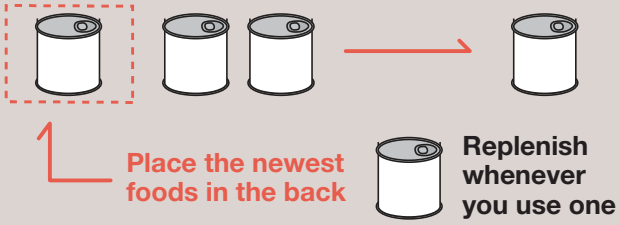
Even after **3-days** have passed

It will take time for lifelines (electricity, gas and water supplies) to be restored.
As lifelines are restored, you will gradually be able to cook more and more, so have a good stockpile ready to be prepared for emergencies.
You might also want to have a portable gas stove or other cooking utensils available as well.

Prepare for emergencies with a stockpile

Use in a cycle from old to new to easily build up a stockpile

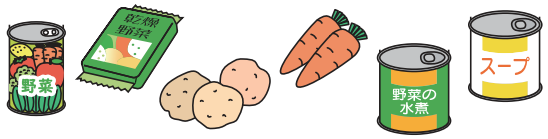
You can easily build up a stockpile of food by purchasing a little more of the preserved foods you use every day during each trip to the grocery store.
Use these foods systematically according to expiration date and replenish any amounts you use.



Staple food

- Pre-washed rice is convenient.
- Be sure to have a supply of retort pouch rice porridge, pre-cooked rice, pasta and dried noodles, etc.
- Cereals, wheat flour and pancake mixes also come in handy.

Side dishes

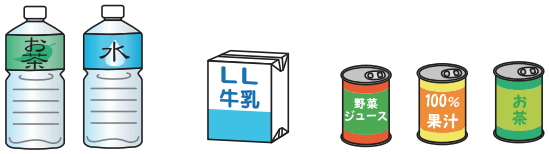


- It's sometimes hard to eat enough vegetables during a disaster.
  Be sure to buy extra potatoes, carrots, onions, pumpkins and other vegetables that can be stored for relatively long periods of time.
- Dried vegetables like hijiki, wakame seaweed and dried daikon radish, etc., are also convenient.
- Drink vegetable juice when you can't eat fresh vegetables.

Main dishes

- Meat, fish and other protein sources are needed to help maintain strength.
- Be sure to eat canned foods and retort pouch foods soon after you open them.

Drinks



- Have a stockpile of tea, juices and other beverages on hand in addition to drinking water.
- Water is needed for cooking and hot water. Be sure to have enough on hand.
- Do not drink directly from PET bottles using your mouth, it's unhygienic.

Seasonings

Always buy one extra bottle or pouch when at the store.

Favorites

- A supply of food that can help you feel refreshed and relaxed is also essential for any disaster.
- Also have a stockpile of the foods you and your family enjoy the most.

Others

You can also prepare a stockpile of supplements to ensure you take in enough nutrients.

Prepare a supply with your family's needs in mind

If a family member has a chronic disease
(food allergy, kidney disease, diabetes, etc.)

It can often be difficult to find the right foods for certain conditions immediately after a disaster. Before a disaster strikes be sure to buy enough of your everyday foods to last several days.

If you have an elderly family member

If you have a family member with difficulty swallowing, be sure to have foods they are used to eating. Be sure to have lots of drinking water available, too, as the elderly don't often notice when they are thirsty, making them more susceptible to dehydration.

If you have an infant in your family

A mother may lose her milk supply, so have powdered milk and baby's bottles at the ready.
You should also have baby food on hand. Be sure to have lots of drinking water available as infants are more susceptible to dehydration.

Dietary reminders for disasters

Eat the amount you're used to

The food rations provided at evacuation centers may not necessarily be the same amount of food as you are used to. If you eat everything you are given you may be taking in too many calories or too much salt. People with illnesses in particular should eat foods as close to their normal diet as possible to prevent aggravating their illness.

Have easy-to-eat foods on hand

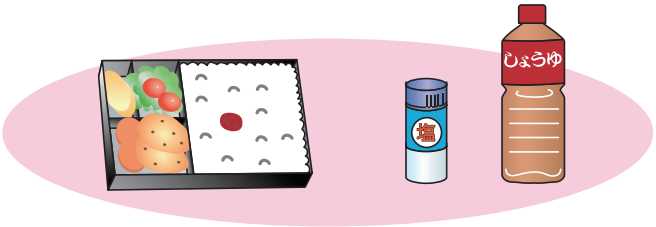
Emergencies can cause a great deal of emotional and physical stress.
Many people lose their appetites and often will not eat foods they are not used to.

There are countless easily-stored retort pouch foods available today for ordinary meals, people with illnesses and the elderly. Be sure to check the flavor when selecting foods to ensure you buy the foods you like and foods that are easy to eat.

Don't take in too much salt

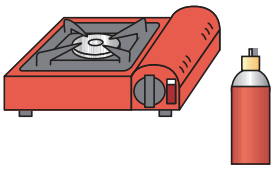
Watch your sodium intake because you will likely be eating more canned foods, retort pouch foods and lunch boxes than normal.

Watch the amount of seasonings you use and how many pickled vegetables you eat to ensure you don't take in too much salt.

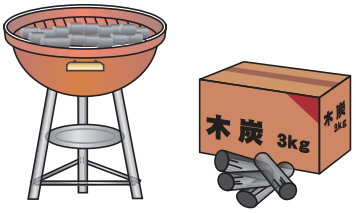


Convenient items

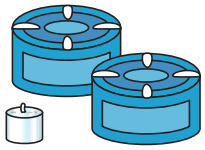
Cooking utensils that can be used without city gas or electricity



Tabletop stove
*Have a gas canister ready, too

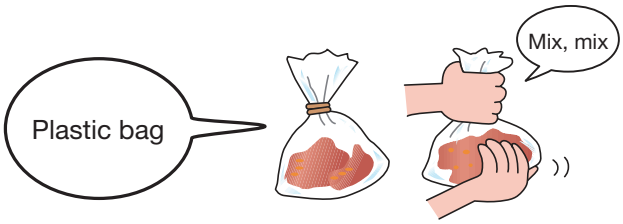


Barbeque or other outdoor cooking utensils
*Have charcoal ready, too

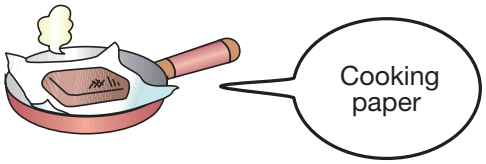


Canned solid fuel

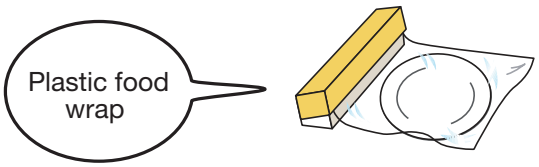
If you don't have water, try this...



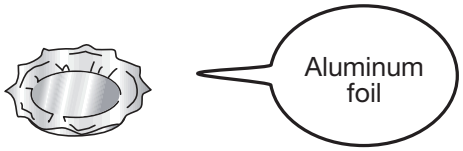
⇛ Use a plastic bag to mix instead of a bowl



⇛ Put in a frying pan when cooking (no need to wash the pan later)



⇛ Cover a plate before putting food on it (you can reuse the same plate many times simply by replacing the wrap)



⇛ Use in place of plates

Shinagawa Health Service Center (☎ 3474-2902)
Oi Health Service Center (☎ 3772-2666)
Ebara Health Service Center (☎ 3788-7015)