



National Preparedness Month Tip of the Day

September 9, 2010

There are a few simple steps you and your family can take to become better prepared for an emergency: **Get a Kit**, **Make a Plan**, **Be Informed** and **Get Involved**. This September, during National Preparedness Month, please follow these "Tips of the Day" from the American Red Cross and the U.S. Department of Homeland Security to help you and your family get started today!



Food for Thought



Food for thought, a common saying....but what about thought on food. Preparing for emergencies can be **inexpensive** if you think ahead and buy small quantities at a time. Supplies should sustain each member of your

family for *at least three days* following an emergency. When creating your checklist for your food items, make a list of foods that:

- ✓ Have a long shelf-life and will not spoil (non-perishable)
- ✓ You and your family enjoy
- ✓ Do not require cooking
- ✓ Can be easily stored
- ✓ Have low-salt content as salty foods can make you thirstier.

For more tips on food supply, visit:

<http://www.ready.gov/america/getakit/food.html>

All 2010 National Preparedness Tips of the Day are archived for your reference:

http://www.kingscountyoem.com/countykings/FOW_NPM_Directory_2010.htm

Remember...prepare, plan and stay informed!

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Ready ✓
Plan.
Prepare.
Stay Informed.

