



Monthly Reminder

Small steps toward being prepared for an emergency

Do 1 Thing is a 12-month program that makes it easy for you to prepare yourself, your family, and your community for emergencies or disasters.

Do1Thing in April: Food

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

Tasks

[Buy a three-day emergency food supply for your household.](#)

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.

[Take steps to make sure food in your refrigerator and freezer will stay safe.](#)

During an extended power outage, temperatures in your fridge and freezer will begin to rise, even if the doors stay closed. As the temperature rises, harmful bacteria may begin to grow on your food.

[Make sure you can meet any special dietary needs in your household.](#)

Some people are on special diets for health reasons. There can be serious effects if the right food is not available during a disaster.

Food

GOAL FOR APRIL: Have an emergency food supply that will meet the needs of your household for three 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.

Tasks

- Buy a three-day emergency food supply for your household.
- Take steps to make sure food in your refrigerator and freezer will stay safe.
- Make sure you can meet any special dietary needs in your household.