

Prepare before floods, power cuts or water supply problems.**1 STORE DRINKING WATER**

Start with 3 days.

**Daily baseline**

About 4 litres per person per day.

**Family of four**

About 48 litres for 3 days.

**More if needed**

Allow extra for heat, illness and pets.

**Check advice**

Follow local drinking-water guidance.

2 CHOOSE SIMPLE FOODS

No cooking needed.

**Ready to eat**

Canned beans, fish or vegetables.

**Dry foods**

Crackers, oats, nut butter.

**Special diets**

Baby food, allergy-safe options.

**Easy opening**

Keep a manual can opener.

3 STORE IT SAFELY

Keep supplies usable.

**Clean containers**

Use food-grade water containers.

**Cool and dry**

Store away from heat and pests.

**Check dates**

Inspect packages and rotate stock.

**Grab-and-go**

Keep some food and water portable.

4 DURING AN EMERGENCY

Avoid food illness.

**Check alerts**

Follow boil-water or do-not-use notices.

**Use safe water**

Use bottled or officially treated water.

**Protect food**

Keep fridge and freezer doors shut.

**When in doubt**

Discard unsafe or spoiled food.

YOUR FAMILY WATER TARGET

People: ____ x 4 litres x 3 days = ____ litres (baseline)

EMERGENCY FOOD & WATER: SAFETY NOTES

Keep this page with your visual quick-glance guide.

1 HOW MUCH WATER?

A common emergency planning baseline is 1 US gallon (3.8 litres) per person per day for at least 3 days, rounded here to 4 litres. Some people need more, especially in hot weather, during illness, or when caring for babies or pets.

2 CHOOSE FOODS YOUR FAMILY EATS

Aim for a three-day supply of shelf-stable foods that suit your family, allergies and medical needs. Include ready-to-eat options in case cooking is impossible. Keep a manual can opener, and rotate supplies before expiry.

3 WATER ALERTS ARE DIFFERENT

Boil-water notices may require boiling water before drinking; a do-not-drink or do-not-use notice may mean boiling will NOT make it safe. Follow the exact local notice. Do not assume floodwater or visibly dirty water is safe.

4 FOOD SAFETY DURING POWER CUTS

Keep refrigerator and freezer doors closed. A closed fridge generally keeps food cold about 4 hours; a full freezer about 48 hours (half-full about 24). Never taste food to judge safety. Never use fuel-burning cooking devices indoors.

QUICK FAMILY STOCK CHECK

Drinking water: _____ litres Ready-to-eat meals: _____ Special diets / baby supplies: _____ Pet water / food: _____

Official reference points (check local authority advice):

[ready.gov/water](https://www.ready.gov/water) | [ready.gov/food](https://www.ready.gov/food) | [foodsafety.gov](https://www.foodsafety.gov)

Local water utility, public health and emergency management authorities