

**UCLA** Health System

Get Ready  
Stay Ready



Personal Preparedness Challenge 2010

Office of Emergency Preparedness  
UCLA Health System

March 2010

Dear UCLA Health System Faculty, Staff, and Volunteers:

Are you prepared?

Emergencies and disasters can happen anytime and anywhere. They typically strike without warning and disrupt hundreds of thousands of lives each year. Each emergency and disaster has its own lasting effects on individuals, families, and communities. Through preparedness efforts, you can help reduce the fear and anxieties related to these unknown situations as well as reduce the immediate and long term risks to you and your families.

We recognize that emergency planning can be overwhelming if you attempt to think about every situation, so the program is designed so that each month, you can take one step to completing your personal preparedness. At the end of one year, you and your family will have successfully completed a comprehensive emergency plan and put together an all hazards disaster kit.

Each month, we will be sending out a reminder email with the monthly theme. This month, we will be focusing on [Food Supply](#). While we suggest that you perform at least one task a month as outlined, you could choose to complete these personal preparedness tasks at a faster rate. To download the entire program, please go to:

<http://disaster.mednet.ucla.edu/2010challenge.pdf>

Sincerely,

The Office of Emergency Preparedness  
UCLA Health System

PS - Please note that a basic 3-day supply is discussed throughout this program as a minimum kit that can be used at home, or taken with you in the event of an evacuation. After considering the needs of your household, and the disasters or emergencies that may occur in your area, you may wish to increase your level of preparedness to be self sufficient for a longer period of time.

# Food



**Task:** Collect and store a 72 hour food supply for all household members.

The following are things to consider when putting together your food supplies:

- Avoid foods that will make you thirsty. Choose salt-free crackers, whole grain cereals, and canned foods with high liquid content.
- Stock canned foods, dry mixes, and other staples that do not require refrigeration, cooking, water, or special preparation. You may already have many of these on hand. (Note: Be sure to include a manual can opener.)
- Include special dietary needs.

Supplies	
Ready-to-eat meats, fruits, and vegetables	<input type="checkbox"/>
Canned or boxed juices, milk, and soup	<input type="checkbox"/>
High-energy foods such as peanut butter, jelly, low-sodium crackers, granola bars, and trail mix	<input type="checkbox"/>
Vitamins	<input type="checkbox"/>
Special foods for infants or persons on special diets	<input type="checkbox"/>
Cookies	<input type="checkbox"/>
Instant coffee	<input type="checkbox"/>
Cereals	<input type="checkbox"/>
Powdered milk	<input type="checkbox"/>

- Keep canned foods in a dry place where the temperature is cool.
- Store boxed food in tightly closed plastic or metal containers to protect from pests and to extend its shelf life.
- Throw out any canned good that becomes swollen, dented, or corroded.
- Use foods before they go bad, and replace them with fresh supplies.
- Place new items at the back of the storage area and older ones in the front.
- Change stored items every six months.
- Be sure to write the date you store it on all containers.