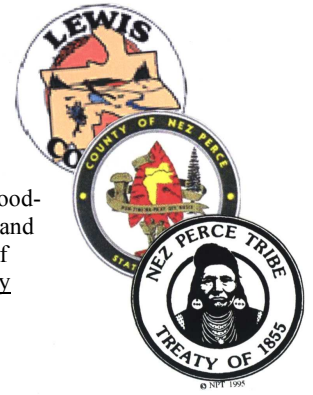
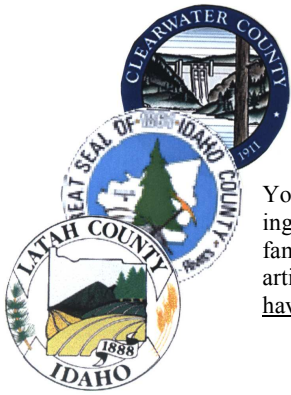


Get Pandemic Ready



Your Office of Emergency Management plans and prepares for disasters, ranging from localized flooding to worldwide events. Preparation includes local government, the private sector and individuals and families. Pandemic flu is a rapidly emerging threat affecting all of us. The purpose of this series of articles is to inform citizens of what they can do to protect themselves. We recommend each family have three months of food, water, medications, and other supplies on-hand.

Issue 8: Food - Filling your Pantry

Most of us will fill our pantry by picking up extra groceries every time we shop. It's convenient, it saves time, it gets us started now - all good! Limiting factors to consider are:

- **Uncertain electrical supply:** (See issue #2, Pandemic Flu Impact). A mix of food storage systems gives you the most options before and during a pandemic, and include:
 - Canned (fruits and vegetables)
 - Packaged (pasta, cereals, etc)
 - Frozen (meats and vegetables)
 - Dehydrated (fruits and vegetables)
 - Freeze-dried (fruits, meats and vegetables)
- **Small spaces, small budgets:** This is challenging, but it IS being done. An outstanding "how to" is Stockpiling Food for Small Spaces and Small Budgets - A Common Sense Approach, written by 'Average Concerned Mom'. Stop by or call your Emergency Management Office for your FREE copy.

Your pantry should be augmented with fresh food. We recommend regionally-grown food, whether from your own garden, grocery store, farmers market, truck farm, or community supported agriculture. Learning how to preserve these may be an important skill between pandemic waves, when electricity, transportation and food supply are uncertain. This stretches out your pantry.

There are many food preservation methods available. Criteria for selection are flavor and safety.

1. Root cellar and other outdoor storage systems
 - Advantages: non-electric; good for root crops, squash family, cabbage family and some fruits
 - Disadvantages: requires space
2. Dehydration
 - Advantages: saves space; light weight; non-electric if a solar dryer
 - Disadvantage: needs additional water for reconstitution
3. Canning
 - Advantages: variety - from vegetables to meat to complete meals. Some liquids can augment your water supply
 - Disadvantages: needs canning equipment. Get extra lids now.

See your county extension office for additional material on food preservation, and to test your pressure cooker gauge.

For more information, or to participate in local pandemic flu planning, contact your local Emergency Manager.

Contact #'s
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Idaho County Emergency Management 983-3074
Latah County Disaster Services 883-2265
Lewis County Emergency Management 937-2380
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