



## 1.2 Food and water

Folder with resources and templates: [1.2 Food and water](#)

Systems	Stuff
<b>Backup food supply</b>	
<ul style="list-style-type: none"> <li><input type="checkbox"/> Create household and <a href="#">community backup stores</a> of food.</li> <li><input type="checkbox"/> Rotate stock, perhaps in collaboration with a store or food shelf.</li> <li><input type="checkbox"/> Use critter and humidity safe containers.</li> </ul> <p>Consider sourcing and storing food that can be prepared and distributed at community scale, especially in the 1-2 days during / after disaster.</p>	<p><b>Backup foods to store:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Ready-to-eat canned meats, fruits, vegetables and a can opener</li> <li><input type="checkbox"/> Protein/fruit bars</li> <li><input type="checkbox"/> Dry cereal/granola</li> <li><input type="checkbox"/> Peanut butter</li> <li><input type="checkbox"/> Dried fruit</li> <li><input type="checkbox"/> Canned juices</li> <li><input type="checkbox"/> Non-perishable pasteurized milk</li> <li><input type="checkbox"/> High-energy foods</li> <li><input type="checkbox"/> Food for infants</li> <li><input type="checkbox"/> Comfort/stress foods</li> </ul>
<b>Community food infrastructure</b>	
<p>Identify <a href="#">community-scale equipment and infrastructure</a> for food security.</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Walk in cooler or freezer space</li> <li><input type="checkbox"/> Root cellar</li> <li><input type="checkbox"/> Storage or warehouse space for non-perishables and related supplies</li> <li><input type="checkbox"/> Kitchen/cooking supplies (large pots, spoons, ladles, knives, cutting boards, etc)</li> <li><input type="checkbox"/> Group meal kit (plates, silverware, napkins, hand sanitizer or hand washing station)</li> </ul>
<b>Water supply and storage</b>	
<p>If your municipality's central water system is down, plan for how to source large volumes of water via wells or water trucks, and distribute via water stations in the community.</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Identify local clean and potable water sources</li> <li><input type="checkbox"/> Store 2-5 days of water</li> <li><input type="checkbox"/> Rotate water stock every 6-12 months and store out of the heat and extreme cold.</li> <li><input type="checkbox"/> Back-up method to fill up water jugs.</li> <li><input type="checkbox"/> Test your water; test kits are available thru VT Department of Health.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Water storage vessels <ul style="list-style-type: none"> <li><input type="checkbox"/> IBC totes (275 gallons)</li> <li><input type="checkbox"/> 5 gallon buckets</li> <li><input type="checkbox"/> 1 gallon jugs</li> </ul> </li> <li><input type="checkbox"/> Spigots and pumps (gas powered, AC powered, DC powered, hand powered)</li> <li><input type="checkbox"/> Water filtration system (bleach, iodine, etc)</li> </ul>
<b>Community meals</b>	



Provide meals for communities during disaster and recovery. Feeding people is key to sustaining response and relief efforts.

- If there are existing providers of community meals, ask them to cook large meals for distribution
- Conduct outreach to ask for meals from nearby restaurants, organizations and community meals in neighboring towns.
- [Create a directory](#) of, or [set up kitchens](#) in your community available for creating both community meals and possibly meal trains for individual household use. Local churches or restaurants might be able to offer access to a commercial kitchen, reusable plates and silverware, etc.
- [Create a directory of cooks](#) who are prepared to meal share (cook extra) for households who have lost access to kitchens, food, water, etc
- Establish a system to distribute food at volunteer coordination and supply pickup sites
- Set a daily and weekly schedule for meals, and get volunteers to sign-up for making or distributing meals
- Source food to fill in distribution dates and times
- [Ensure safe food handling](#) at distribution centers - refrigeration/coolers for things to stay cold vs. crock pots and portable stoves to keep things warm.
- [Create a directory of food access points](#), using a spreadsheet, [google map](#), or [other format](#). Include resources like food shelves, free food distributions and meal sites, general and grocery stores, farmers' markets.

### **Kitchen and meal distribution [supplies](#)**

- Walk-in cooler/refrigeration system
- Chest freezer
- Oven range, oven mitts
- Food processor/blender
- Access to of potable water
- First aid kit

### **Kitchen supplies**

- 8 - 10 qt stock pots
- 10-12 inch frying pans
- Graters
- Salad spinners
- Colander/sieves
- Cutting boards
- Sharp knives of multiple dimensions
- Tea kettle, drip coffee maker
- Peelers, knives, spatulas, tongs, slotted spoons, thermometer, can openers, whisks, funnels
- Measuring cups and spoons, muffin tins, rolling pins, casserole dishes, roasting pans
- Serving platters, bowls, plates and utensils
- Mixing bowls
- Baking sheets, loaf pans
- Large food-grade containers for storing and transporting
- Containers to bring meals home

### **Cleaning supplies**

- hand and dish soap
- Bleach
- garbage bags
- pot scrubbers
- rubber gloves
- dish cloths
- towels

### **Food serving supplies**

- Plates & Bowls
- Utensils (forks, knives)
- Cups