

# Staying Organized

When building your food supply, you can purchase a few items at a time. A good way to keep track of your growing food supply is to have a few handy items to help you keep track of what was purchased, when it was purchased, and when items will expire. These items don't have to be expensive. Visit your local dollar or other discount store to purchase your record-keeping items. Here are a few items to help with record-keeping:



## Notebook

A small or regular sized spiral bound notebook is a good place to keep track of foods purchased. You can create different pages for different items. As you use items, cross them off the list.



## Permanent Markers

Use the markers to write on packages the date of purchase and the "best used by" date. This will be helpful in rotating stock. While this date is printed on most packages, the print can be small.



## Excel Sheet

If you're tech savvy, this is perfect for you. Create an Excel spreadsheet to keep track of your food purchases. Share this spreadsheet with family members and friends. This makes updating easy.



## White Board

If size permits, keep a small white board on the front or side of the refrigerator. Get creative and use different colors to make the white board more "artistic" and "fun."



## Labels

Some packages are hard to write on. In those instances, write purchase and use-by date information on a label. Then affix the label to the food item.



## First In, First Out

Food should be shelved based upon use-by or expiration date, so older foods are used first. Store products with the earlier dates in front of products with later dates. Once they are shelved, use those in the front first.

# Water



During a natural disaster, flooding may occur. To the best of your ability avoid coming into contact with flood water. Be aware that floodwater may contain sewage; and eating or drinking anything contaminated by floodwater can lead to serious health problems, including gastrointestinal illness and reproductive issues, according to the CDC.

## Tips for Storing Water

- Check expiration dates before storing for long periods of time
- Rotate your stock to use the water with the closest expiration date
- Label large containers as "drinking water"
- Avoid areas of direct sunlight when storing water
- Avoid areas with contaminants such as gasoline and pesticides
- Keep water stored in a place with a fairly constant cool temperature (CDC-c)

## Staying Hydrated

Did you know your body is composed of about 60% water? Our bodies lose water throughout the day by evaporation from the skin, going to the bathroom, and just by breathing. As a result, we need to drink water to replace those losses. Drinking water supports the digestion of foods, the blood circulation process, and even helps to maintain your body's temperature as well as other critical functions. Therefore, drinking water is important to your family's health (United States Geological Survey [USGS]).

## Tips to Drink Water Safely

- Avoid cloudy or smelly water
- Disinfect water with liquid chlorine bleach
- Boil water for one minute and let it cool inside a clean container (CDC-b)

