

Do you know what to do in case of emergency?

The City of Ottawa has lots of info on preparing yourself or your family for various emergencies. This kit comes from the Emergency and Protective Services, **Be Ready! Be Safe!**, section of the city's website, www.ottawa.ca.



Emergency Home Survival Kit

Battery-operated radio
flashlights & extra light bulbs
extra batteries
cash or traveler's cheques
utility knife
rope
shovel
fire extinguisher: small canister, ABC type
tube tent
blankets/sleeping bags
plastic sheeting
candles and matches/lighter
extra car keys
important papers (see checklist for details)
food and bottled water (see checklist for details)

backpack/duffel bag
plastic garbage bags, ties
clothing and footwear (one change of clothes per person, more for children)
toilet paper and other personal supplies
medication (see first-aid checklist)
disinfectant, chlorine bleach
extra fuel for car stored in an approved container and not a large quantity
emergency preparedness manual
map of area and compass
wrench, to shut off household gas & water
whistle (in case you need to attract attention)
playing cards, games, paper, pencils

Food Kit

Your food kit should contain at least a 4 to 7 day supply of non-perishable goods that you like and normally eat. Food should be easy to store with no need for refrigeration. Choose foods that are pre-cooked, require no cooking, or are cooked easily in little or no water.

Suggested foods include:

Grain Products:

cereals - cold dry, hot, instant hot; bread sticks; rice; couscous; crackers; flours; pretzels; dry noodles/pasta; dry pancake mix; rice cakes; melba toast; granola bars; cookies

Meat & Alternatives:

canned meats and fish; canned soup with meat; canned beans, peas, lentils; peanut butter; canned stews, spaghetti, ravioli; instant refried beans; textured vegetable protein; sunflower seeds, other nuts.

Milk Products:

skim milk powder; canned evaporated 2% milk; tetra-pak milk-cow's, soy, rice; parmesan cheese; packaged, canned or ready to eat pudding; cheese spread.

Vegetables & Fruit:

canned or jarred vegetables and fruits; canned or jarred fruit and vegetable juices; dried fruit; apple-sauce; canned and jarred tomato sauce.

Others Foods:

canned or packaged ready-to-serve meals; packaged hummus and tabbouleh; pasta sauce mixes; vacuum sealed meals; bouillon cubes; honey/jam; instant coffee and tea; hot chocolate, non-perishable pet foods.

Pack cutlery, cups, plates, a manual can opener, a bottle opener, water proof matches or a lighter, and plastic bags.

Store flour, grains, sugar, dried fruit, milk powder, cookies, crackers and nuts in screw top jars or sealed containers to protect them from pests. Rotate and use food and water every 6 to 12 months. Inspect all food containers for signs of spoilage before use.