

72-HOUR HOME EMERGENCY KIT



EVERY FAMILY SHOULD HAVE ENOUGH FOOD AND WATER TO LAST THEM AT LEAST 72 HOURS

Do you have enough food at home if, for some reason, you cannot get to the shop?

What happens if you are stuck in your house because of, for example, an illness or an injury? What if there is a storm and shops cannot open because of a widespread power failure?



WATER

ALWAYS KEEP AT LEAST A FEW LITRES OF BOTTLED WATER IN YOUR HOME

A water supply can be interrupted due to a number of reasons such as a power failure or contamination of the supply. If an interruption lasts for longer than 24 hours, your local authority will usually provide an emergency water supply.

Do you have enough large, clean containers with lids that you could use to carry water in an emergency?

An average person needs approximately two litres of clean drinking water a day. You also need water for cooking and personal hygiene. One or two buckets of water per person per day is usually enough.

Follow the news and updates from your water company and the authorities. Sometimes water companies tell you to boil tap water before drinking it or using it to prepare food.

FOOD



MAKE SURE THAT YOU ALWAYS HAVE ENOUGH FOOD IN THE HOUSE TO FEED YOUR FAMILY FOR AT LEAST THREE DAYS

Try not to think about your home emergency kit as a separate stock but instead incorporate the items into your household's normal food rotation. Your home emergency kit should consist of the same items that you buy and consume regularly anyway.



EXAMPLE

THREE DAYS' HOME EMERGENCY KIT FOR A SINGLE ADULT:

- 6 litres of water and/or other drinks
- 600 grams of vegetables and root vegetables
- 400 grams of fruit and berries
- 200 grams of potatoes
- 200 grams of pasta, rice or other grains
- 550 grams of bread and cereals
- 1 litre of milk, yoghurt and/or other dairy products or plant-based alternatives
- 60 grams of cheese
- 400 grams of fish, eggs, meat and/or plant-based proteins
- 150 grams of oil/fats
- 100 grams of dried fruit
- 90 grams of nuts/seeds
- 100 grams of sweets/chocolate
- 100 grams of sugar and/or honey
- = approximately 2,300 kcal/day



HOW TO PREPARE FOOD DURING A POWER CUT

There are many foods that you can eat cold, but most people start to crave a hot meal if the power is out for a long time. You do not need electricity to cook but can instead use

- your fireplace
- a portable stove
- a barbecue or a disposable barbecue
- open fire

Make sure that you have firewood, charcoal, gas, fuel for your portable stove and matches.

Be careful if you use a portable stove indoors. Place it on a non-flammable surface, ensure that the room is well ventilated and have a fire blanket ready just in case.

Never use a barbecue indoors, as they produce hazardous gases.

HOW TO USE YOUR FREEZER AND REFRIGERATOR DURING A POWER CUT

- Do not open your refrigerator or freezer unnecessarily. Think about what you need in advance so that you only have to open the door once.
- Keep a thermometer inside your refrigerator and freezer so that you can monitor the temperature.
- Use up the most perishable foods first.

Food stays cold in a refrigerator for a few hours even when there is no power. The temperature inside a freezer usually stays below zero for 12–24 hours as long as you keep the door closed. A well-insulated, packed freezer can keep foods frozen for up to two days.

If the outside temperature is below zero, you can also put your frozen foods outside. Make sure to cover them carefully to keep them safe from animals.

Remember that you should never refreeze thawed foods and should instead eat or cook them straightaway



STOCK UP ON PRODUCTS THAT KEEP WELL AND ARE READY TO EAT:

- bottled water, squash and concentrated fruit juice
- fresh and canned fruit, vegetables and root vegetables
 - bread, crispbread, rice cakes and crackers
 - cereal, muesli, rolled oats, nuts and seeds
- dried fruit such as raisins, prunes and dates
 - jams and chutneys
- long-life UHT milk and non-dairy alternatives that can be stored at room temperature
 - canned fish, meat and beans
- energy bars, biscuits, chocolate and crisps

**Remember to cater for allergies and special diets!
Remember to also keep a sufficient stock of food for your pets!**



www.72hours.fi



MAA- JA
KOTITALOUSNAISET

Rural Women's Advisory Organisation
www.maajakotitalousnaiset.fi/kotivara



Martha Organisation
www.martat.fi/kotivara



HUOLTIVARMUUSORGANISAATIO
KOVA-TOIMIKUNTA

The Finnish National Rescue Association coordinates the 72 hours campaign.