Emergency Food Preparedness

You might have a food preparedness plan for yourself, but what about for your immediate neighbors? If anything happens, food is needed. If some people have food and some people don't there are uncomfortable choices to be made. If people have a neighborhood food plan, there is a higher chance of survival and a lower chance of violence.

Below are two adaptable (use it as a template and change it to your specific needs) emergency assessment and food plan outline, that will help you present this idea with your local government and/or neighborhood. This is about survival. If something happens, whether it is climate or otherwise motivated, you and your neighbors need to have a plan already in place so you know what to do and how to work together.

We must remember that every person is inherently kind, and wants to give and receive love and approval. While we can't get along with everyone, we all have value and can contribute. Assessing everyone's talents, and including everyone in emergency preparedness and solutions is the key to a successful community, and ensures that we won't be fighting each other over scraps of food.

To ensure food freedom, we need community gardens and the ability to source our food locally. This includes finding creative solutions to urban living. Above ground gardening is available on any flat surface that can reach the sun or a grow light and can receive water.

If you're instrumental in feeding people, you are important and valuable to your community. Know the local foods, be prepared to forage and hunt, and then, you will be as ready for whatever is to come. Do not expect disaster, but prepare, because you never know what challenges you might face. Food security allows you to live in love and be able to support each other through whatever the conditions.

Talent Assessment Plan for a Large Community During a Disaster

This plan outlines a strategy for rapidly assessing the skills and talents within a large disaster-affected community to effectively utilize resources and aid in recovery efforts.

Phase 1: Rapid Initial Assessment (First 24-72 Hours)

Goal: Quickly identify critical skills and immediate needs.

1. **Centralized Registration Points:**

- o Establish easily accessible registration points (e.g., shelters, community centers, online portals).
- o Collect basic information: name, contact, location, and a brief self-assessment of skills.

2. **Visual Skill Identification:**
   - o Utilize color-coded wristbands/stickers/cloth, or other identifiable items to indicate readily identifiable skills (e.g., medical, construction, first aid).
   - o Create visual skill boards in central locations, allowing individuals to post their skills.

3. **Verbal Skill Surveys:**
   - o Train volunteers to conduct brief, structured interviews to identify critical skills.
   - o Focus on immediate needs: medical, construction, security, communication, logistics.

4. **Digital Skill Capture (If Possible):**
   - o Utilize mobile apps or online forms for skill registration (if internet/power is available).
   - o Create a simple database for rapid skill sorting and retrieval.

Phase 2: Detailed Skill Inventory (Days 3-7)

Goal: Build a comprehensive skills database for long-term recovery.

1. **Skill-Specific Registration:**
   - o Establish specialized registration points for specific skill sets (e.g., medical professionals, engineers, childcare providers).
   - o Collect detailed information: certifications, experience, availability.

2. **Skill Verification:**
   - o Implement a system for verifying skills and certifications (e.g., visual inspection, reference checks).
   - o Prioritize verification for critical skills (e.g., medical, engineering).

3. **Community Skill Mapping:**
   - o Create a visual representation of community skills (e.g., maps, charts).
   - o Identify skill gaps and prioritize training needs.

4. **Volunteer Coordination:**
   - o Establish a centralized volunteer coordination center.
   - o Match volunteers with appropriate tasks based on their skills.
   - o Provide training and support to volunteers.

Phase 3: Ongoing Skill Development (Weeks/Months)

Goal: Build community resilience through skill development and training.

1. **Needs-Based Training:**
   - Conduct training programs based on identified skill gaps (e.g., first aid, construction, disaster relief).
   - Utilize skilled community members as trainers.
2. **Skill-Sharing Workshops:**
   - Organize workshops for community members to share their skills and knowledge.
   - Foster a culture of mutual support and learning.
3. **Apprenticeship Programs:**
   - Establish apprenticeship programs to develop skilled workers for long-term recovery projects.
   - Partner with local businesses and organizations.
4. **Community Skill Database Maintenance:**
   - Regularly update the skills database with new information.
   - Track skill development and training participation.

Key Considerations:

- **Accessibility:** Ensure all registration points and information are accessible to everyone, including those with disabilities.
- **Privacy:** Protect the privacy of personal information collected (if any)during skill assessments.
- **Cultural Sensitivity:** Be mindful of cultural differences and avoid making assumptions about skills based on stereotypes.
- **Communication:** Maintain clear and consistent communication with the community about skill assessment and volunteer opportunities.
- **Flexibility:** Adapt the plan based on the evolving needs of the community and available resources.
- **Tiered approach:** Prioritize skills needed immediately, and then move to skills needed for long term recovery, and then to skills that will build community resilience.

By implementing this comprehensive talent assessment plan, communities can effectively utilize their resources, build resilience, and accelerate the recovery process after a disaster.

Food Preparedness Plan for 600 People

This plan outlines a strategy for providing sustenance to 600 people in a disaster or emergency scenario. It focuses on readily available, shelf-stable, and nutritionally balanced food supplies.

I. Assessment & Planning (1-2 Weeks Prior)

- **Determine Needs:**
  - Calculate daily caloric needs (average 2,000 calories per person).
  - Consider dietary restrictions, allergies, and special needs (infants, elderly, medical conditions).
  - Estimate duration of preparedness (e.g., 3 days, 1 week, 2 weeks).
- **Inventory Existing Resources:**
  - Assess available food supplies, water, and cooking equipment.
  - Identify potential local suppliers and resources.
- **Establish a Team:**
  - Designate a food preparedness coordinator and support staff.
  - Assign roles for procurement, storage, distribution, and cooking.
- **Develop a Menu:**
  - Create a simple, nutritionally balanced menu using shelf-stable foods.
  - Prioritize foods that require minimal cooking and preparation.
  - Consider cultural and religious dietary preferences.
- **Water Supply:**
  - Calculate water needs (minimum 1 gallon per person per day).
  - Secure a reliable water source (stored water, filtration system, local water supply).

II. Procurement & Storage (Ongoing)

- **Bulk Purchasing if Possible:**
  - Purchase shelf-stable foods in bulk from wholesalers or suppliers.
  - Focus on items like:
    - Canned goods (vegetables, fruits, beans, meats)
    - Dry goods (rice, pasta, oats, grains, legumes)
    - Dehydrated and freeze-dried foods
    - Protein bars and energy snacks
    - Powdered milk and infant formula (if needed)
- **Foraging and Hunting:**
  - Identify informational sources on local edibles and game.
  - Gather resources for hunting and foraging such as traps, weapons, and foraging containers
  - Focus on items like:

- ▪ Small game
                        - ▪ Local greens
                        - ▪ Local tubers
                        - ▪ Berries and seeds
                        - ▪ Fishing
                        - ▪ Birds
                        - ▪ Large game if possible
                        - ▪ Finding a source of salt
                        - ▪ Seeds for planting crops closer to your base
        - o Practice conservation techniques to ensure further game, and produce, yields in future seasons.
- **Storage:**
        - o Identify storage techniques that work with your current situation
        - o Store food in a cool, dry, and secure location.
        - o Use airtight containers to prevent spoilage and pest infestation.
        - o Rotate stock regularly to ensure freshness (first-in, first-out).
        - o Store in a location protected from flooding.
- **Equipment:**
        - o Acquire necessary cooking equipment (portable stoves, propane, fuel).
        - o Identify reusable silverware and flatware and encourage community members to have their own personal set as well
        - o Ensure access to sanitation supplies if possible (hand sanitizer, soap, cleaning agents).

III. Distribution & Preparation (During Emergency)

- **Centralized Distribution:**
        - o Establish a designated food distribution area.
        - o Implement a system for orderly distribution (e.g., meal tickets, scheduled times).
- **Meal Preparation:**
        - o Utilize a simple cooking method (e.g., boiling water, heating canned goods).
        - o Prepare meals in large batches to minimize cooking time.
        - o Ensure proper food safety practices (handwashing, sanitation).
- **Portion Control:**
        - o Serve appropriate portion sizes to ensure everyone receives adequate nutrition.
        - o Consider providing extra food for those with higher caloric needs.
- **Waste Management:**
        - o Establish a system for collecting and disposing of food waste.
        - o Compost food scraps for future gardening needs.
        - o Maintain a clean and sanitary environment.

IV. Menu Examples (Adapt to Available Resources)

- **Breakfast:**
  - Oatmeal with dried fruit and nuts
  - Canned fruit and protein bars
- **Lunch:**
  - Canned beans and rice
  - Canned soup and crackers
- **Dinner:**
  - Canned chicken or tuna with pasta
  - Vegetable stew with bread
- **Snacks:**
  - Dried fruit, nuts, energy bars

V. Important Considerations:

- **Communication:** Establish a communication system to inform people about food distribution and any changes to the plan.
- **Security:** Enroll the entire community in security measures to protect food supplies and prevent theft.
- **Flexibility:** Be prepared to adapt the plan based on the specific circumstances and available resources.
- **Training:** Provide training to team members on food safety, handling, and distribution.
- **Mental and Emotional Support:** Recognize that food is not just physical sustenance, but also provides comfort. Consider ways to provide emotional and mental support during meal times.

This plan provides a foundational framework. It is essential to tailor it to your specific community, resources, and potential emergency scenarios. Regular updates and food storage turnover are essential.