

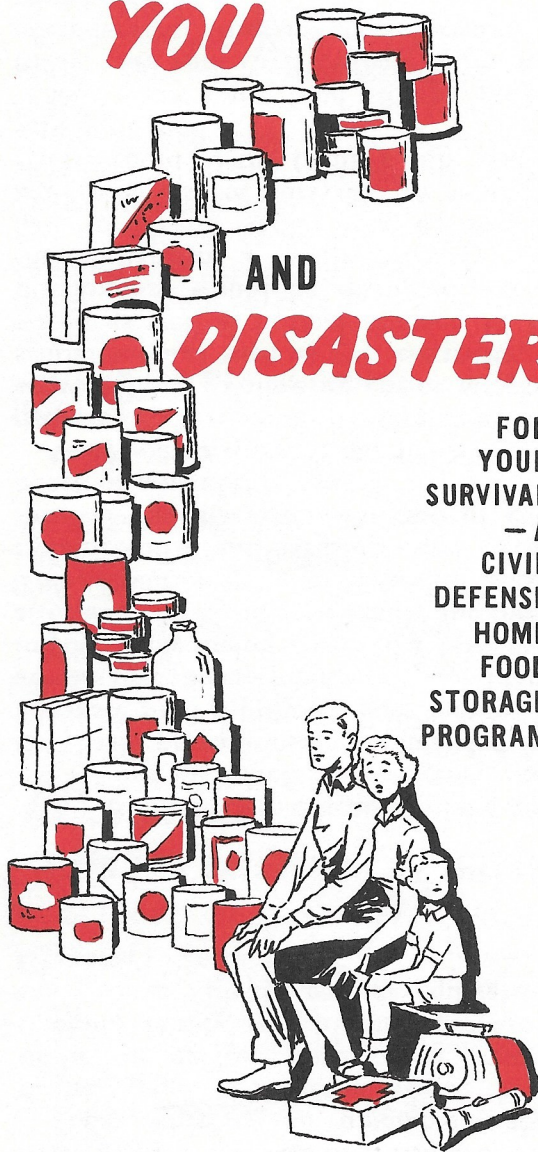
BETWEEN

YOU

AND

DISASTER

**FOR
YOUR
SURVIVAL
— A
CIVIL
DEFENSE
HOME
FOOD
STORAGE
PROGRAM**



FEDERAL CIVIL DEFENSE ADMINISTRATION

GRANDMA'S PANTRY WAS READY

REMEMBER Grandma's Pantry, its shelves loaded with food, ready for any emergency, whether it be unexpected company or roads blocked for days by a winter's storm?

Today, when we are vulnerable as always to the ravages of nature as well as the possibility of nuclear attack, every wise and thinking family will likewise prepare for emergencies with the modern equivalent of Grandma's Pantry.

FOOD FOR EVACUATION OR SHELTER

WHETHER you evacuate or take shelter in a Civil Defense emergency, one of the basic preparations recommended is an adequate food supply for your family. CD advises that you assemble a 7-day food supply in your home shelter area, and a 3-day evacuation-survival kit in your family automobile. This precaution might mean the difference between comfort and hardship—even between survival and starvation—in case of enemy attack or a natural disaster.

An H-bomb explosion can blanket an area many miles downwind with dangerous radioactive fallout. Following enemy attack, essential services such as gas, electricity, and water, as well as normal channels of food distribution, would be disrupted. If this should happen, a family probably would have to depend wholly upon its own food and resources for survival. A Grandma's Pantry could be the family's only available supply of food.

Start your home food storage program today. See your Civil Defense Director for other survival programs and information for your family.

START YOUR SURVIVAL PROGRAM TODAY

TO ESTIMATE how much food you should buy for *your* family's 7-day home food storage, multiply the number of people in your household by the amounts listed below. Amounts listed below are for 1 person for 7 days. If the children are young, the amounts can be decreased by one-fourth. If the children are infants, canned baby foods should be substituted for some of the other canned foods. Be sure to plan for old people or invalids.

Check "PANTRY" at Least Once a Month, Preferably More Often, and Rotate Regularly

*Bottled Water Must Be Changed
Every 6 Weeks*

MILK: Powdered nonfat dry, 1 pkg.; evaporated, 2 (14½-oz.) cans.

JUICES: Tomato, 1 (1 qt. 14-oz.) can; Orange, 1 (1 qt. 14-oz.) can; Grapefruit, 1 (1 qt. 14-oz.) can.

FRUITS: Peaches, 1 (1 lb. 14-oz.) can; Pears, 1 (1 lb. 14-oz.) can; Dried prunes or apricots, 1 lb.

VEGETABLES: Tomatoes, 2 (16-oz.) cans; Peas, 2 (16-17-oz.) cans; Corn, 1 (12-16½-oz.) can; Green beans, 1 (15½-oz.) can.

SOUPS: Assorted, 4 (10½-oz.) cans.

MEATS AND MEAT SUBSTITUTES: Beef stew, 1 (1-lb.) can; Salmon, 1 (1-lb.) can or Tuna, 2 (6-7-oz.) cans; Spaghetti and meat balls, 1 (15½-oz.) can; Baked beans, 1 (1-lb.) can; Cheese, 1 small jar; Peanut butter, 1 small jar.

CEREALS: Ready-to-eat, 7 (individual-serving pkgs.).

CRACKERS-COOKIES: 1 box.

BEVERAGES: Instant coffee, 1 (2-oz.) jar or instant tea, 1 (1-oz.) jar or instant cocoa, 1 (1-lb.) pkg.

SOFT DRINKS: 12 bottles.

HERE ARE OTHER ESSENTIAL SUPPLIES

Water in jugs or bottles, salt, sugar

Matches, fuel, cooking utensils, can opener, tableware and utensils, paper supplies, old newspapers

Portable radio, flashlight, candles and holders, first-aid kit, blankets, pail, garbage container

Games and amusements for the children

Optional supplies: Candy, gum, tobacco

Here is a list of Civil Defense publications from which you can get other vital information that will stand between you and disaster. Get them from the office of your local or State Civil Defense agency.

This Is Civil Defense

640-1240 Conelrad

Facts About the H-Bomb

Four Wheels to Survival

Home Protection Exercises

Six Steps to Survival

What You Should Know About Radioactive Fallout

Grandma's Pantry Goes on Wheels

Civil Defense Household First-Aid Kit

Emergency Sanitation at Home

Facts About Fallout

Grandma's Pantry Belongs in Your Kitchen