

FEELING FOMO?

Here is what we did at the July 2025 Monthly Meeting

After Action Report

Disaster Dining and Safe Drinking Water

Date: Monday, July 14, 2025

Time: 7:00 PM

Location: Garden Room, Orinda Library

Overview:

Lamorinda CERT hosted over 35 attendees who enjoyed a variety of 25-year shelf stable food. Our own, Bruce Macler discussed safe drinking water.

<u>Company</u>	<u>Item</u>
Augason Farms	Cheesy Broccoli Rice
Augason Farms	Creamy Stroganoff
Augason Farms	Morning Moo's Milk Alternative
Augason Farms	Strawberry Flavored Creamy Wheat
Legacy	Pasta Primavera
Mountain House	Italian Style Pepper Steak
Mountain House	Biscuits & Gravy
MRE - US Gov	Beverage Base Powder - Orange
MRE - US Gov	Beef Snack Strip
MRE - US Gov	Crackers
MRE - US Gov	Cheese Spread
Readywise	Hearty Tortilla Soup
Readywise	Creamy Pasta & Vegetables

Skills Practiced:

- Instructors "cooked" disaster foods and shared the pros and cons of preparing each entree. While some items required up to 20 minutes of cooking time or 4 hours of refrigeration, others were ready to go after adding boiling water and a brief waiting period to set.
- Learning what to look for in disaster foods.
 - taste
 - sodium content
 - price

- quantity
- availability and purchase location options

Lessons Learned:

- Make sure you have items on-hand to prepare your disaster meals. Some suggestions:
 - camping stove
 - butane/propane
 - lighter or matches
 - appropriate cookware
 - manual can opener
 - plenty of potable water for cooking
 - disposable service ware or cleaning/sanitation station and items
- Where to buy 25-year shelf stable food:
 - backpacking stores
 - large warehouse stores such as Costco
 - online
- Tips on safe drinking water storage and options
 - In a disaster, water distribution system will be compromised and may be inaccessible for days, weeks, or longer.
 - On average, a person (or pet), requires 1 gallon drinking water and 1 gallon sanitation water per day.
 - Water storage before the disaster strikes is ideal but there are less convenient options.
 - Have supplies on-hand:
 - 5-gallon buckets w/handles
 - Bottle of unscented household chlorine bleach (less than 1 -2 years old)
 - Measuring spoons
 - coffee filters
 - refillable water bottles

Next Steps:

- Purchase the 25-year shelf stable foods that your family will eat in a disaster.
- Purchase water storage containers and fill them! *Hint: Lamorinda CERT Foundation sells these along with a kit with everything you need to be prepared with potable drinking water for your family.*
- Add suggested items to your emergency cache.



