



## Tips for safe food during/after an emergency

**Assume water from the tap is contaminated until you have been told via the media it is safe to use.**

**Always boil water for drinking if a “boil water” notice is in force.**

**Reboil water that is not used in 24 hours.**

If you do not have power to boil water then purifying tablets or common household bleach can be added to ensure its safety. Add one teaspoon of household bleach per 10 litres of water, mix and leave for 30 minutes. Once water has been treated, store covered in a clean container.

Boiled or purified water should be used for:

- washing food that will not be cooked, salad, fruit, etc;
- cutlery and crockery;
- work surfaces and equipment, ie chopping boards etc;
- brushing your teeth and other personal hygiene;
- cleaning water storage containers.

### Food Preparation

- keep food simple – eat cooked food rather than salads;
- always wash and dry your hands before preparing or eating food – if water is in short supply keep some in a bowl with disinfectant or use an alcohol based hand sanitizer;
- eat perishable foods first, non-perishables last – meat, bread and fruit first then canned and packaged foods last;
- if you have no power avoid unnecessary opening of fridge or freezer doors;
- foods that have been defrosted should not be re-frozen;
- if you think or suspect that food is not safe, throw it out;
- don't use food in cans if they have been punctured or have damage to seams.

For more information phone 0800 693721 or go to the website at: [www.foodsafety.govt.nz](http://www.foodsafety.govt.nz)