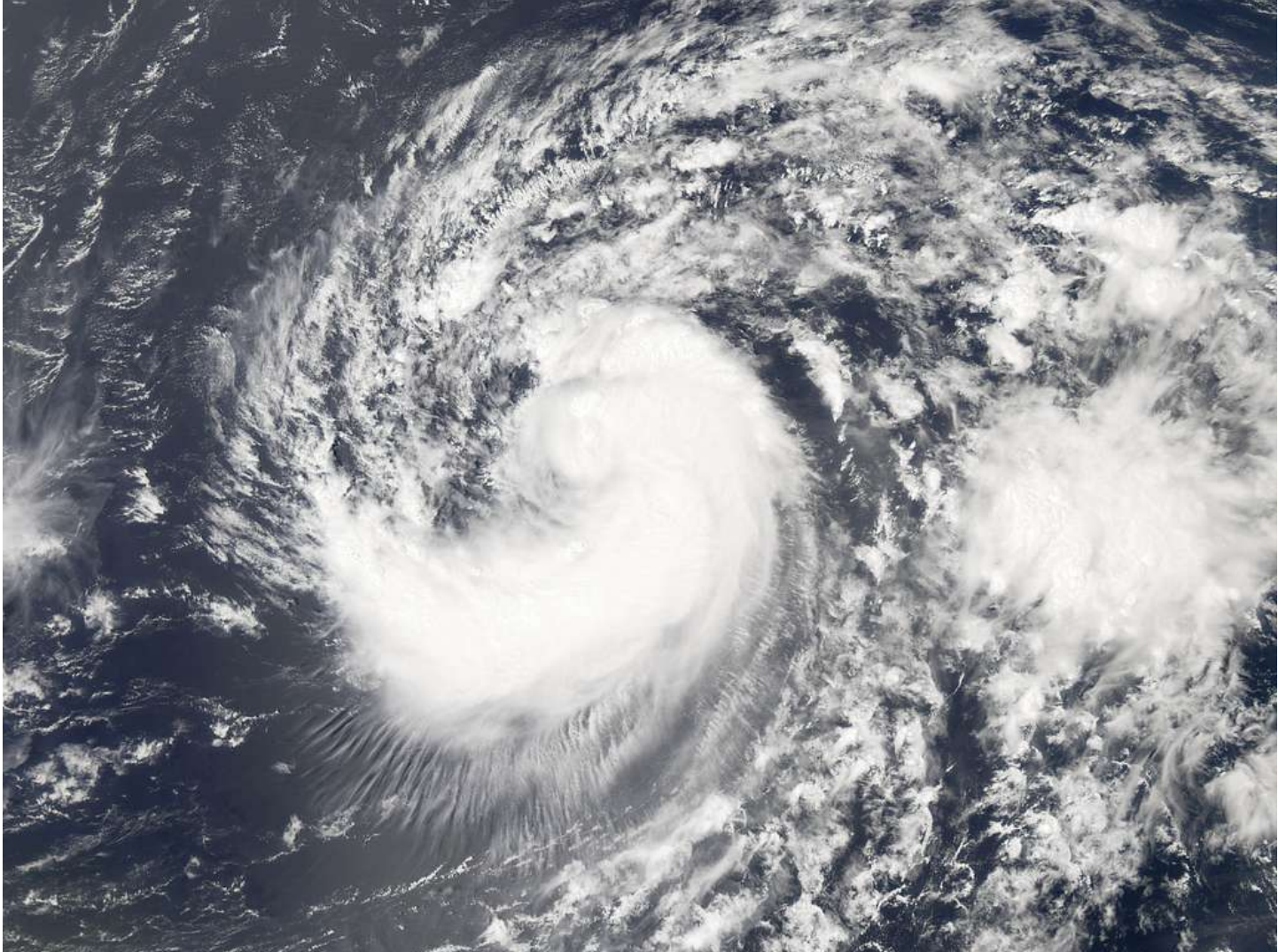


FEMA Stresses Importance of Non-Perishable Foods in Hurricane Helene Aftermath

Foodstash.org experts highlight critical role of shelf-stable items in disaster preparedness and recovery



Chicago, Illinois Oct 1, 2024 ([IssueWire.com](https://www.issuewire.com)) - In the wake of Hurricane Helene's devastating impact, the Federal Emergency Management Agency (FEMA) has issued crucial food safety recommendations, emphasizing the vital role of non-perishable foods in crisis situations. Foodstash.org, a leading resource for emergency preparedness, is amplifying FEMA's message to ensure public safety and resilience in the face of natural disasters. FEMA's guidelines underscore the importance of maintaining a well-stocked supply of non-perishable foods as part of every household's emergency kit. These shelf-stable items prove invaluable during power outages, water contamination, and supply chain disruptions that often follow severe weather events like Hurricane Helene.

Key recommendations from FEMA include:

- Discarding perishable foods left at room temperature for over two hours
- Avoiding consumption of any food potentially exposed to flood water

- Thorough cleaning and sanitization of kitchenware that may have contacted flood water

Dr. Emily Chen, Chief Preparedness Officer at Foodstash.org, states, "The aftermath of Hurricane Helene serves as a stark reminder of why non-perishable foods are the cornerstone of any robust emergency plan. These items ensure families have access to safe, nutritious meals when traditional food sources are compromised." Foodstash.org advises households to maintain a diverse stock of non-perishable foods, including:

- Canned fruits, vegetables, and meats
- Dried beans and legumes
- Nuts and seeds
- Whole grain crackers and cereals
- Powdered milk and shelf-stable alternatives

These items not only provide essential nutrients but also offer extended shelf life, making them ideal for long-term storage and emergency situations. In light of recent events, Foodstash.org is redoubling its efforts to educate the public on the critical nature of non-perishable foods in disaster preparedness. The organization emphasizes that a well-planned emergency food supply can mean the difference between comfort and crisis during challenging times. "We cannot overstate the importance of non-perishable foods in emergency situations," Dr. Chen adds. "They are the lifeline that sustains communities when normal food distribution channels are disrupted. Our mission at Foodstash.org is to ensure every household is equipped with the knowledge and resources to build a robust emergency food supply." As communities begin the process of recovery and rebuilding in the wake of Hurricane Helene, Foodstash.org urges individuals and families to reassess and replenish their emergency food supplies, with a focus on non-perishable items that can withstand various storage conditions and provide sustained nutrition. For those seeking comprehensive guidance on building an emergency food supply capable of withstanding any crisis, Foodstash.org has published an in-depth guide titled "What Foods Have the Longest Shelf Life? A Prepper's Guide." This resource offers valuable insights into selecting, storing, and rotating non-perishable foods for optimal preparedness.

To access this guide and for more information on emergency preparedness strategies, visit www.foodstash.org.

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