

Well prepared means being well covered

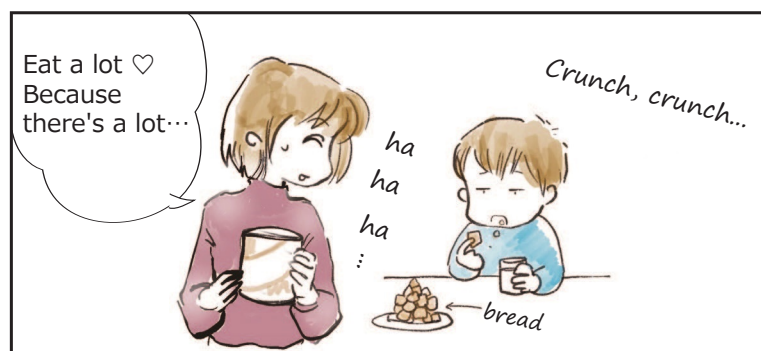
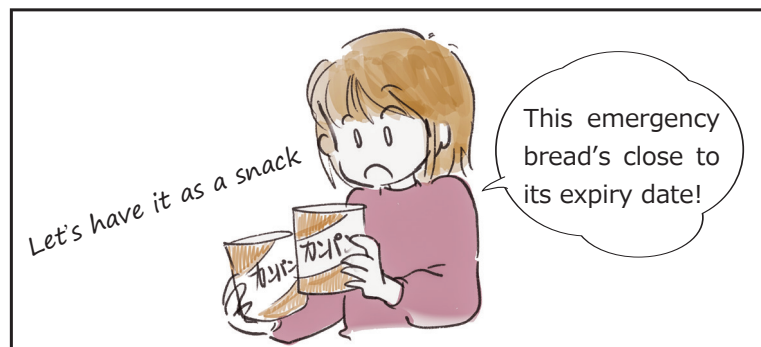
Vol.3

Food supplies version

March-April, 2021

Vol.3 What should I prepare?

By Mari TAKEUCHI



Prepare enough food for your family to survive for at least 3 days!

[Foods hoarded in past emergencies]

Instant ramen Canned food
Water
Retort pouch food
Packaged cooked rice
Pasta
Bread
Instant food

In the first wave of COVID, there were shortages of various foods. Hoarding tends to occur in emergencies. In this third part of our series, we will look at the preparation of food supplies.

EVERYONE CHECK!!

What food supplies?



We have no food supplies for disasters etc

YES

Think about food supplies for your family for a minimum of 3 days!

NO

Our stockpiles have passed their expiry date

YES

Stock up on edibles! Be smart where you store them!

NO

We have spare portions of food we use without fail

YES

GOOD!

Your rolling stock is ready!!

◎What is rolling stock?

It is a method for always stockpiling a certain amount of food at home by buying a little extra food and processed foods on a regular basis, and then replacing what you use.

We asked a professional life organizer!

Tips for storing stockpiles



Tokushima Life Organizing Lab
Mari Takeuchi

1) Group like together and different things separately.

2) Don't cram it in so you can see what's there!

3) Labels are important for maintaining what you put and where you put it!

4) Put the new ones you bought in the back so you can use from the front!



Labeling helps prevent confusion

Put the deadline in a visible spot

First, decide what foods you need to prepare. Stock up on things you want to eat that you can store to some extent, and buy more as you use them. Stockpiling food doesn't end after purchase. Techniques 1) to 4) to prevent food loss are essential!

**Don't worry on your own when you have a problem
Call the "Consumer Hotline" 188!**

We will guide you to local consumer affairs centers and local government consumer affairs inquiry counters.

Nationwide Number

188



Consumer Affairs Agency
Consumer Hotline 188
Image Character
Iyayan



Tokushima Co-op



Consumer Affairs Agency,
Government of Japan

[Inquiries]

Consumer Affairs Agency, New Future Creation Strategy
Headquarters

088-600-0000 (main switchboard)