FROM KING FEATURES WEEKLY SERVICE,

300 W. 57th STREET, 15th FLOOR, NEW

YORK, NY 10019

CUSTOMER SERVICE: (800) 708-7311 EXT.

257

SENIOR NEWS LINE

FOR RELEASE NOV. 16, 2026

By Matilda Charles

SENIOR NEWS LINE

by Matilda Charles

Be ready for emergencies

With winter (and likely power outages) here, I was encouraged by a younger neighbor, a man who hikes, camps and kayaks, to invest in one of those emergency meal kits. These are freeze-dried foods that come in a handy storage box and last for 25 years. The idea is that you pour hot water into an envelope of dried food and 10 minutes later you have a hot meal.

I checked all the information I could find and decided that no, it was not for me. Most of the meals have too much sodium, many of the meals have to be cooked and the cost of most of the kits is astronomical, in the neighborhood of $10-$12 per meal.

Instead, I've been building my own emergency food and supply stash. It's fairly easy to do.

*Buy a little more of what you already eat: tuna or cooked chicken in pouches, crackers, peanut butter, canned fruit and vegetables. Add in shelf-stable milk (or powdered), cereal and canned juices. Mark the top of each one with the date in big numbers so it's easily seen. Remember to have a manual can opener!

*Water: The rules say one gallon per person per day in an emergency. Store it in a cool, dark place.

*But it's not only food you'll need in an emergency. Batteries and flashlights are crucial, and so is a phone charger. Or look for hand-crank camping lights that will provide adequate lighting if the power goes out.

*Medications and vitamins.

*Pet food and supplies.

*Money (small bills) in case the ATM doesn't work.

For more information on putting together your own emergency kit, go online to www.ready.gov. Be sure to also see the No and Low Cost Preparedness section. Look as well at the Red Cross (www.redcross.org) and search for survival kits.

© 2026 King Features Synd., Inc.