



**THE CIVIL DEFENCE  
ASSOCIATION OF  
HELSINKI.**

*Home  
supply*



## *For special situations of life*

- It is composed of conventional foods
- May vary in content according to eating habits
- It contains for example vessels for restoring water, medicines, iodine tablettes and households necessity goods
- Enough for a week- home supplies is used supplemented continuously




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## Home supply is a basic reserve

### **You need home supply in various special situations**

- \* Lack of distribution that stops the transportation of goods to stores and making shopping
- \* Force major, disturbance on traffic or similar situation stopping connections
- \* Long lasting electricity cut that disturbance your every day life
- \* A family member gets ill
- \* Special situations or accidents that interrupt normal life

### **On special situations, home supply is necessary**

On special situations, you may have to shelter yourself inside either at home or civil defence shelter for a couple of days. The reason can be disturbance, accident or for example radioactive falls at the area after a nuclear accident.

The authorities inform on a special situation via radio. In case of an immediate need for sheltering oneself will be informed by the public warning alarm.

### **The home supply includes**

- \* It's composed of conventional food enough for one week, also food for family members having a special diet
- \* Water and vessels with lock to restore water
- \* Medicines, home pharmacy
- \* Hygienic goods
- \* Ionide tablettes
- \* Food for pets (pets are not allowed to enter the civil defence shelter)
- \* Other necessity goods e.g. Radio, flash-light and batteries

Keep your home supply fresh and by following "best before"- recommendations. Use the supply in normal every day life and supplement it by the tempo as they are used. Choose foods and drinks according to family's normal habits. Do remember separately children, older people and the sick ones. At least one part of the food should be able to store without refrigerator, fridge or freezer. They should also be eatable without heating even in sheltering conditions (see extra supply 2).

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When needed the supply taken along should be purchases in such a small packing that goods opened won't be spoiled even in a room temperature.

In case of radiation hazard, the home supply should be packed in dust free packing so that the radioactivity can't reach them. The radiation itself doesn't destroy the goods, but possible radioactive, non-visible dust falling on them pollutes goods. The simply way to protect these goods is to use washable packing. Reserve for example big, clean plastic bags for restoring goods packed in carton or similar material.

### **Remember water!**

Reserve water and other drinks to vessels with lock total 16 litres per person per week. The vessels can be buckets with locks or juice canisters made of plastic. These vessels are necessary also for example in case of pipe leak. You can improve the quality of the restored from radioactivity covered water by using water restoring chemicals. These chemicals like Micropur or Puritabs can be purchased from the pharmacy. You'll also need water for hygienic and flushing the toilette. This water don't have to be as clean as the drinking water, but it also must be protected against radiation.

### **Iodine tablettes protects**

Iodine tablettes can be purchased from the pharmacies. They will give protection to your Thyroid against radiation. They are not to be taken on your own, but to wait for the instructions by the authorities. Taking the tablets on right time, you'll avoid the radioactive iodine to enter your Thyroid. This protection is very important for babies and pregnant women. Against the other effects of radiation, you can protect yourself by sheltering inside and following the authorities instructions

### **Preparedness at home**

The home supply functions as a reserve on special situations, but it's also a part of normal life.

### **The use in case of sheltering conditions**

A part of home supply must be ones that can be stored and used both at home and in civil defence shelter even without electricity or water.

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### **The use at home after sheltering conditions**

On special situations, purchasing goods can be difficult. The home supply must usable also after sheltering conditions

### **Dinning gives safety**

The dining's mental side during the sheltering conditions is valuable. Having dinner together brings the feeling of safety. That's why you also should reserve some "delicates".

### **When you hear the public warning alarm**

- \* Go inside and stay there
- \* Close doors, windows and ventilation holes and stop the air condition
- \* Listen the instructions via radio, avoid the use of telephone

### **In radiation hazard situation**

- \* Take the iodine tablettts when the authorities so order
- \* Protect food and water
- \* Use protective mask and overalls, if you have to move outside

### **The home supply for one person for one week**

The home supply consists of **basic-** and **extra supplies**. The extra supply is divided in two parts. **Extra supply 1.** contains food storage at home and **extra supply 2.** consists food which can be eaten as it is and when needed taking along.

1. Use the shopping list added while purchasing home supply
2. Count the amounts needed according the number of family members
3. Use all food in home supply as a part of normal consumption by following the "best before"- recommendations
4. Purchase a new product to replace the used one

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**Basic supply:**

Potatoes 0,5 kg, rice and macaroni 0,5 kg, oil and fats 0,5 kg, sucker 0,5 kg, UHT-milk 1 l and water.

**Extra supply:**

To the basic supply one must also add following products according to family's eating habits.

- \* Drinks, water and delicates 16 l + 1 kg
- \* Milk and milk products 1,3 kg
- \* Vegetables and root vegetables 1,5 kg
- \* Bread and cereal products 1,5 kg
- \* Fruits and berries 1 kg
- \* Meat, fish, chicken and eggs 1 kg

**Extra supply1. at home:**

Water 5l  
Other drinks 3 l  
(juices, juice drinks, lemonades)  
**total. 8 l**

Coffee, tea, cacao  
Chocolate, sweets  
Salt, spices, dry yeast  
**total. 0,5 kg**

Crisp bread, breads  
Flakes, flour  
Cereals  
Rusks, biscuits  
Frozen bread  
**total. 0,75 kg**

Cheese  
UHT- milk  
Curdled milk, yoghurt  
Milk powder  
**total. 0,65 kg**

Fresh berries  
Canned fruits  
Frozen berries  
Jam, marmalade  
Juice concentrates  
**total. 0,5 kg**

Potatoes  
Carrots  
Rutabaga  
Beetroot  
Spicy cucumber  
Cauliflower  
Frozen vegetables  
Mushrooms  
**total. 0,75 kg**

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Canned meat (meatballs, cattle, swine, hunting)  
Sausage  
Canned fish (tuna, herring, vendace, salmon)  
Eggs  
Frozen meat and - fish  
Meat and fish bouillon  
Soups in cooking bag  
**total. 0,5 kg**

**Extra supply 2:** eatable as they are, when needed can be taken along, for 2-3 days

Water 5l	Instant coffee, tea, cacao
Other drinks 3 l	Chocolate, sweets
(juices, juice drinks, lemonades)	<b>total. 0,5 kg</b>
<b>total. 8 l</b>	

Crisp bread, breads	Cheese
Rye bread	UHT- milk
Cereals	Butter
Rusks, biscuits	Milk powder
<b>total. 0,75 kg</b>	<b>total. 0,65 kg</b>

Dried berries	Carrots
Canned fruits	Tomatoes
Jam, marmalade	Spicy cucumber
Juice concentrates	Potato chips
<b>total. 0,5 kg</b>	<b>total. 0,75 kg</b>

Methwurst  
Canned meat (meatballs, cattle, swine, hunting)  
Canned fish (tuna, herring, vendace, salmon)  
**total. 0,5 kg**

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**If there is a long lasting electricity cut**

- \* Use frozen berries- and vegetables and ready-made food as soon as possible
- \* If there is a possibility for cooking, berries can be cooked as juice or jam
- \* Food contaminating easily should made as meals and to be consumed as soon as
- \* Eat pastries within a couple of days depending on their quality
- \* Bread and buns can be sliced and let them dry
- \* During the cold seasons food can be stored outside if protected properly and the conditions it

**Personal necessities**

The home supply also consists of personal necessities, which are to reserve for  
The same time as food

- |                          |                   |
|--------------------------|-------------------|
| Personal medicines       | Can opener        |
| Hygienic supplies        | Peeler            |
| Diapers etc.             | Foil              |
| Radio and batteries      | Games             |
| Flashlight and batteries | Drawing equipment |
|                          | Books             |

**Equipment you need at home but you don't take along for example to the civil  
defence shelter**

- |                           |                  |
|---------------------------|------------------|
| Water restoring chemicals | Packing material |
| Iodinetablets             | Pets food        |
| Candles                   |                  |
| Matches                   |                  |

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**Count how much supplies you need for you and for the whole family for one week**

	For one/Family		For one/Family
<b>Basic supply</b>		<b>Vegetables and root vegetables 1,5 kg</b>	
<input type="checkbox"/> Rice and macaroni	0,5 kg / .....	<input type="checkbox"/> Carrots	/ .....
<input type="checkbox"/> Sucker	0,5 kg / .....	<input type="checkbox"/> Tomatoes	/ .....
<input type="checkbox"/> Fats	0,5 kg / .....	<input type="checkbox"/> Spicy cucumber	/ .....
<input type="checkbox"/> Potatoes	0,5 kg / .....	<input type="checkbox"/> Potato chips	/ .....
<input type="checkbox"/> UTH-milk	1 l / .....	<input type="checkbox"/> Potatoes	/ .....
<input type="checkbox"/> Water	/ .....	<input type="checkbox"/> Rutabaga	/ .....
		<input type="checkbox"/> Beetroot	/ .....
		<input type="checkbox"/> Cauliflower	/ .....
		<input type="checkbox"/> Frozen vegetables	/ .....
		<input type="checkbox"/> Mushrooms	/ .....
<b>Extra supply</b>		<b>Fruits and berries 1 kg</b>	
<b>Drinks 16 l + Delicates 1 kg</b>		<input type="checkbox"/> Dried berries	/ .....
<input type="checkbox"/> Coffee	/ .....	<input type="checkbox"/> Canned fruits	/ .....
<input type="checkbox"/> Tea	/ .....	<input type="checkbox"/> Jam, marmalade	/ .....
<input type="checkbox"/> Cacao	/ .....	<input type="checkbox"/> Juice concentrates	/ .....
<input type="checkbox"/> Delicates	/ .....	<input type="checkbox"/> Frozen berries	/ .....
<input type="checkbox"/> Water	/ .....	<input type="checkbox"/> Fresh berries	/ .....
<input type="checkbox"/> Other drinks	/ .....		
<b>Bread and corn 1,5 kg</b>		<b>Meat, fish, egg 1kg</b>	
<input type="checkbox"/> Crisp bread	/ .....	<input type="checkbox"/> Canned meat	/ .....
<input type="checkbox"/> Breads	/ .....	<input type="checkbox"/> Canned fish	/ .....
<input type="checkbox"/> Rye bread	/ .....	<input type="checkbox"/> Methwurst	/ .....
<input type="checkbox"/> Frozen bread	/ .....	<input type="checkbox"/> Egg	/ .....
<input type="checkbox"/> Flakes, flour	/ .....	<input type="checkbox"/> Frozen meat and	
<input type="checkbox"/> Cereals	/ .....	<input type="checkbox"/> -fish	/ .....
<input type="checkbox"/> Rusks, biscuits	/ .....	<input type="checkbox"/> Bouillon	/ .....
		<input type="checkbox"/> Soups	/ .....
<b>Milk and milk products 1,3 kg</b>			
<input type="checkbox"/> UTH-milk	/ .....		
<input type="checkbox"/> Cheese	/ .....		
<input type="checkbox"/> Butter	/ .....		
<input type="checkbox"/> Curdled milk, yoghurt	/ .....		
<input type="checkbox"/> Milkpowder	/ .....		

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