

For Immediate Release:

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The mission of K-State Research and Extension Family and Consumer Sciences is to link education with life experiences to help people improve their lives, their families and their communities. Family and Consumer Sciences professionals support essential life skills including Community Development, Healthy Lifestyle Choices, Leadership & Volunteer Development, Relationship Development and Resource Management.

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Take the challenge: Plan ahead to keep food safe with Prepare Kansas

Ice storms, tornadoes, and flooding – Kansas has them all and more. Do you really know how long food will stay safe in the refrigerator if your power is out? Or what foods and supplies you should have on hand in case of emergencies?

Starting Sept. 1, Prepare Kansas 2016 will provide tips on keeping food safe in emergency situations. This year's program will be conducted through the [K-State Research and Extension Facebook page](#). No registration is required, so Kansans and anyone interested in planning ahead for emergencies can follow on Facebook at any time during September, pick up handy information and interact with K-State extension specialists and agents.

Throughout 2015, a total of 126 tornadoes occurred across the state, which made it the fourth highest year for tornados since 1950, according to the Kansas Department of Emergency Management.

“Kansas has its share of disasters, whether it’s a homeowner’s basement flooding or a fire affecting a whole block in a community. We’re committed to working with people across the state to help them be prepared for anything that comes their way,” said Kansas State University associate professor Elizabeth Kiss. “We can’t always keep disasters from happening, but we know that being as prepared as possible, whether it’s making an emergency kit or having copies of your financial and personal information in a separate, safe place, aids in the recovery from disasters.

“It is very important to keep food safety in mind before, during and after emergencies such as power outages and floods, to help to reduce the likelihood of people getting sick from eating contaminated food. That would make a challenging situation even worse,” said Londa Nwadike, consumer food safety specialist with K-State Research and Extension. “Some of the food safety practices that are important in emergency situations are good practices to help prevent people from getting sick at any time.”

More information on Prepare Kansas will be available in September at <https://www.facebook.com/KStateRE> and any time at <https://blogs.k-state.edu/preparekansas/>.

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