

5

Keep track of what you've stored, and eat it before it goes out of date.

First in, first out. Put new stock at the back, and use the oldest first.

Use by is about safety – don't eat after it. **Best before** is about quality – often fine after.

[illegible]

Include stored water, buckets (F2), tablets, batteries and medicines. Check everything at the six-month check (P9).

