

Think Nutrition

During the Hurricane Season



Be sure to include balanced nutrition in your planning.

Buy early and stock up. Gathering hurricane supplies should be a family affair with input from each member. Everyone has different wants, needs and tastes, so all these need consideration during planning.

Set aside some time to design daily menus covering one or two weeks, and the amount of groceries needed for your plan. Think of how it will most likely be hot weather with no electricity, so food choices should require no refrigeration. Plan at least 2 quarts of water per person daily for drinking, and additional water for cooking. Filling the tub with water is for other uses.

Try putting food supplies in large brown grocery bags, staple them shut, label as hurricane supplies and put in large waterproof plastic bags. You could also use a large waterproof container with a lid. Store in your pantry so food supplies will be ready when needed. Avoid using your hurricane supplies before the storm, but use them up after the season is over or donate to a food pantry to avoid the food expiring.

The following sections will help you plan your daily 3-meal menus, and also include healthy snacks throughout the day. Just as important are the supplies that go along with your food preparation, remembering that you are trying to cover both the safety and cleanliness of preparing meals during this disaster time frame. Some people also need to think of elderly neighbors who probably couldn't fend for themselves or eat properly during this time, so perhaps include them in your planning process.

FOOD OVERVIEW

Have on hand:

- at least one portable cooler
- food for infants and the elderly
- food for pets
- order extra medication if necessary and
- remember to use proper hand washing at all times!

BREAD GROUP

· breakfast cereal · crackers · breakfast/nutrition bars · rice cakes · whole wheat or multi-grain bread · dry pasta · Boston brown bread with raisins · melba toast · taco shells · chips · vanilla wafers · bread sticks · muffins · graham crackers · pretzels · *purchase just before storm: fresh bread, round flatbread for wraps*

VEGETABLE GROUP

· canned vegetables and soups · canned 3-bean salad · mushrooms · salsa · spaghetti sauce · *purchase just before storm: fresh carrots, broccoli, etc.*

FRUIT GROUP

· canned fruit in its own juice · dried fruit · 100% fruit juice · trail mix with fruit · packaged: raisins, apricots, cranberries, etc. · fruit cocktail · unsweetened applesauce

MILK GROUP

· non-fat milk (powdered, canned or shelf stable) · Ensure · puddings · nutritional drinks · processed cheese spread

MEAT GROUP

· meat soups · canned: tuna, ham, salmon, sardines, chili, corned beef hash, ravioli, beans (kidney, lima, black eyed peas, lentils, etc.) · peanut butter · bean spreads · packaged nuts (unsalted, dry roasted, peanuts, walnuts, almonds, etc.) · beef or turkey jerky · Vienna sausage

EXTRA

· bottled water, Gatorade, instant ice tea, instant coffee, tea bags, powdered drink mixes · cream soups · jelly · small packets of ketchup, mustard and mayonnaise · granola bars, fruit bars · infant food, formula · food for special diets

COOKING

· fondue pot with sterno (canned heat) · camping stove · grill with burners · extra propane or charcoal for the grill · heavy duty aluminum foil · disposable aluminum pans · hand operated can opener · bottle opener · fire extinguisher (ABC type) · matches in a water proof container · sunscreen to use when grilling outdoors · first aid kit · **NEVER USE CHARCOAL INSIDE YOUR HOUSE OR GARAGE** - the smoke and fumes are deadly. Gas grills need to be outside also for safety and fire hazards.

TABLE SETTING

· plastic utensils: knives, spoons and forks · paper plates and bowls, paper towels, napkins.

CLEAN UP

· kitchen gloves · garbage bags/ties · baby wipes · disinfecting wipes · sponges · bleach and medicine dropper · storage container or bucket with tight fitting lid · extra zip lock bags of all sizes · hand sanitizer

SUPPLIES

· assorted batteries, extra cell phone battery, extra bulbs, flash lights, lanterns, and candles · battery operated TV and radio · room fans (if on generator) · toilet paper · diapers and other infant non-food supplies · fill red gas cans with extra gas if you have a generator

OTHER CONSIDERATIONS

· cash to have on hand to cover expenses in the event the power goes out · fill your car with gas · several cans of "Fix a Flat" tire repair kit · hard soled shoes (in case of glass breakage) · insect repellent · medium sized heavy plastic bags for human waste disposal · consider a popup tent to sleep in · and place important papers in a waterproof carrier.

It's always smart to plan for the worst and hope for the best.

SAMPLE MENU

Breakfast

orange juice · ready to eat cereal or instant oatmeal · small box of raisins breakfast bar with fruit · skim milk · tea or coffee

Lunch

chunky beef soup (ready to eat style that only needs heating) · crackers · carrot & celery sticks · nuts · fruit cup · vanilla wafers · tea or coffee

Dinner

cheese or peanut butter sandwich · 3-bean salad (canned) · broccoli florets · apple · fat free pudding cup · skim milk · tea or coffee

Notes: *Just before the storm buy bread, fresh broccoli, apples and other fruits and vegetables that do not require refrigeration.*

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