

Healthiest

What's in Your Emergency Supply Kit?

Weight

In times of distress, good food will curb your hunger and help you feel your best. To decide which foods to store in your emergency supply kit, first make a list of healthy foods that can be stored without refrigeration and that require no electricity to prepare.

Keep your emergency supply kit cool and dry, and in a designated place known to all family members.

HEALTHY EMERGENCY SUPPLY KIT

- Bottled water—at least 1 gallon per person per day



- Ready-to-eat canned lean meats such as tuna, salmon or chicken breast



- Canned fruits packed in original juice or light syrup



- Canned vegetables with low-sodium content



- Protein or fruit bars with 12 grams or less of sugar



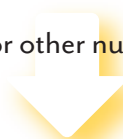
- Dry cereal or granola with 12 grams or less of sugar



- Dried fruit, nuts and trail mix



- Peanut butter or other nut butters



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Whole grains, such as whole wheat crackers, high fiber cereals, etc.



Sports drinks with lower sugar content



Canned 100% fruit juice



Ultra-high temperature milk that is lowfat or fat-free



Exclusive breastfeeding is the safest for babies



For non-breastfed babies, pack ready-to-use formula or powdered formula with extra bottled water for mixing



Vitamins and multivitamins



If there is a power outage due to an emergency, remember these steps:

1. Eat your fresh food first: breads, fruits or vegetables, and food from the refrigerator while it's still cold.

2. Next, eat your frozen food.

3. Finally, eat your emergency food and any canned foods you have stored.

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