

What to Store in Your Emergency Supply Kit

If You Have Diabetes

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.











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SUPPLIES FOR YOUR 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 about 15 grams of carbs per serving 
- Dry cereal or granola with about 15 grams of carbs per serving 
- Dried fruit, nuts and trail mix 
- Peanut butter or other nut butters 
- Whole grains, such as whole wheat crackers, high fiber cereals, etc. 
- Fruit juice for treating lows—no more than one glass per day 
- Ultra-high temperature milk that's lowfat or fat-free 

MEDICATIONS

- Assure prescriptions are on file at your pharmacy—they are transferable within chains 
- Two weeks' worth of medications and supplies to manage your diabetes 
- Syringes, alcohol swabs, cotton balls and tissues 
- A meter to measure blood sugar and a blood sugar diary 
- Insulin pump supplies*, strips for your meter and urine ketone testing strips* 
- Lancing device and lancets 
- Empty hard plastic detergent bottle with cap to dispose used lancets and syringes 
- Quick-acting carbohydrates glucose tablets, orange juice, etc. 
- Longer-lasting carbohydrates—cheese and crackers, etc. 
- Glucagon Emergency Kit* 

*These recommendations may not be applicable for all persons with diabetes, consult your physician to learn more about how to care for your diabetes.

my emergency supply kit

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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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- Protein or fruit bars with about 15 grams of carbs per serving 
- Dry cereal or granola with about 15 grams of carbs per serving 
- Dried fruit, nuts and trail mix 
- Peanut butter or other nut butters 
- 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 



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