

# Healthiest Weight

## 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.

#### 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 

# Healthiest Weight

## What to Store in Your Emergency Supply Kit

### If You Have Diabetes

#### 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.



www.HealthiestWeightFlorida.com

Twitter: @HealthyFla

Facebook: FLDepartmentofHealth

Pinterest: HealthyFla

05-15

