

Family Nutrition Program in Pasco

Nutritious Nibbles of Information

June 2009

Family Nutrition
Program



PASCO COUNTY

Hurricane Preparedness—Think Nutrition

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 how the weather will most likely be—hot and no electricity, so food choices should require no refrigeration. Plan at least two quarts of water per person daily for drinking and additional water for cooking. Fill the tub with water 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 three-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
- extra medication, if necessary

Remember to use proper hand washing at all times!

BREAD GROUP

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| <ul style="list-style-type: none">• bread sticks• breakfast cereal• breakfast/nutrition bars• chips• crackers• dry pasta• graham crackers | <ul style="list-style-type: none">• Melba toast• muffins• pretzels• rice cakes• taco shells• vanilla wafers |
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Purchase just before storm: fresh whole wheat or multi-grain bread, Boston brown bread with raisins, and round flatbread for wraps.

VEGETABLE GROUP

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| <ul style="list-style-type: none">• canned soups• canned three-bean salad• canned vegetables | <ul style="list-style-type: none">• mushrooms• salsa• spaghetti sauce |
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Purchase just before storm: fresh carrots, broccoli, etc.

FRUIT GROUP

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| <ul style="list-style-type: none">• 100% fruit juice• applesauce, unsweetened• canned fruit in its own juice• dried fruit | <ul style="list-style-type: none">• fruit cocktail• packaged raisins, apricots, cranberries, etc.• trail mix with fruit |
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MILK GROUP

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| <ul style="list-style-type: none">• Ensure or Boost• non-fat milk (powdered, canned or shelf stable) | <ul style="list-style-type: none">• nutritional drinks• processed cheese spread• puddings |
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This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call toll-free 1-866-762-2237 or visit www.dcf.state.fl.us/ess.

This institution is an equal opportunity provider and employer.

MEAT GROUP

<ul style="list-style-type: none"> • bean spreads • beef or turkey jerky • canned beans (black-eyed peas, kidney, lentils, lima, etc.) • canned chili • canned corned beef hash • canned fish (salmon, sardines, tuna) • canned ham 	<ul style="list-style-type: none"> • canned ravioli • meat soups • nuts, packaged, dry roasted, unsalted (almonds, peanuts, walnuts, etc.) • peanut butter • Vienna sausage
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EXTRA

<ul style="list-style-type: none"> • bottled water • cream soups • food for special diets • fruit bars • Gatorade • granola bars • infant food, formula 	<ul style="list-style-type: none"> • instant coffee • instant ice tea • jelly • powdered drink mixes • small packets of ketchup, mustard and mayonnaise • tea bags
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COOKING

<ul style="list-style-type: none"> • bottle opener • camping stove • disposable aluminum pans • extra propane or charcoal for the grill • fire extinguisher (ABC type) • first-aid kit • fondue pot with Sterno (canned heat) 	<ul style="list-style-type: none"> • grill with burners • hand-operated can opener • heavy-duty aluminum foil • matches in a water-proof container • sun screen to use when grilling outdoors
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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

<ul style="list-style-type: none"> • paper bowls and plates • paper napkins and towels 	<ul style="list-style-type: none"> • plastic forks, knives and spoons
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CLEAN UP

<ul style="list-style-type: none"> • baby wipes • bleach and medicine dropper • disinfecting wipes • garbage bags/ties • hand sanitizer 	<ul style="list-style-type: none"> • kitchen gloves • sponges • storage container or bucket with tight fitting lid • zip-lock bags of all sizes
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SUPPLIES

<ul style="list-style-type: none"> • assorted batteries • battery-operated TV & radio • diapers and other infant, non-food supplies 	<ul style="list-style-type: none"> • extra bulbs, flash lights, lanterns, and candles • extra cell phone battery • room fans (if on generator) • toilet paper
<p><i>Fill red gas cans with extra gas if you have a generator.</i></p>	

OTHER CONSIDERATIONS

<ul style="list-style-type: none"> • 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) 	<ul style="list-style-type: none"> • insect repellent • medium-sized, heavy plastic bags for human waste disposal • consider a popup tent to sleep in • place important papers in a waterproof carrier.
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SAMPLE MENU

Breakfast	
<ul style="list-style-type: none"> • breakfast bar with fruit • orange juice • ready-to-eat cereal or instant oatmeal 	<ul style="list-style-type: none"> • skim milk • small box of raisins • tea or coffee
Lunch	
<ul style="list-style-type: none"> • carrot and celery sticks • chunky beef soup (ready-to-eat style that only needs heating) • crackers 	<ul style="list-style-type: none"> • fruit cup • nuts • tea or coffee • vanilla wafers
Dinner	
<ul style="list-style-type: none"> • apple • broccoli florets • cheese or peanut butter sandwich 	<ul style="list-style-type: none"> • fat-free pudding cup • skim milk • tea or coffee • three-bean salad (canned)
<p>Note: <i>Just before the storm buy bread, fresh broccoli, apples and other fruits and vegetables that do not require refrigeration.</i></p>	



Adapted from a fact sheet developed by UF/IFAS South District FCS Agents: Chris Kilbride, Martin County; Jacquelyn Gibson and Monica Dawkins, Miami-Dade County; Brenda Marty-Jimenez and Mary Peters, Broward County.
Distributed by Betsy Crisp, Pasco County

For more information, contact Betsy Crisp, MS, LD,
Pasco County Extension
36702 State Road 52
Dade City, FL 33525-5198.
Phones: (352) 521-4288; (727) 847-8177;
(813) 996-7341, Ext. 4288

