

# KEEPING YOUR FAMILY FED

## *If the Power Goes Out*



### Be Prepared–

If you live in an area where power outages are common, now is the time to stock up.

### This is what you will need to keep your family fed:

- Canned or shelf-stable foods
- Water
- Paper or plastic plates, cups and eating utensils
- A manual can opener

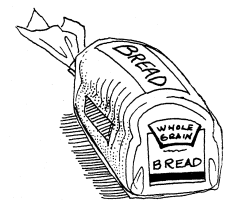
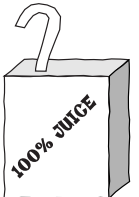
### To keep your food safe and healthy:

- A food thermometer
- An insulated cooler
- Freezer packs
- Moist towelettes or alcohol-based hand sanitizers

**\* If you CANNOT BOIL WATER, DO NOT include instant foods.**

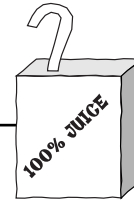
## Choose Foods with Good Nutrition & Safety in Mind

<b>WATER</b>	<p><b>Plan for one gallon per person per day for drinking, cooking and personal hygiene.</b></p> <p>* Use bottled water or tap water that is stored in clean containers.</p>
<b>MILK AND MILK PRODUCTS</b>	<ul style="list-style-type: none"> <li>• Dry* or canned evaporated milk</li> <li>• Rice or soy milk</li> <li>• Boxed or shelf-stable milk</li> <li>• Powdered infant formula*</li> <li>• Canned puddings</li> <li>• Canned Parmesan or Romano cheese</li> </ul>
<b>MEAT, FISH, POULTRY, AND BEANS</b>	<ul style="list-style-type: none"> <li>• Ready-to-eat canned beans, meat, fish and poultry</li> <li>• Canned meat mixtures like chili, chow mein, stews and soups</li> <li>• Peanut butter, nuts and seeds</li> <li>• Beef jerky</li> <li>• Instant refried beans*</li> </ul>
<b>FRUITS</b>	<ul style="list-style-type: none"> <li>• Canned and dried fruit</li> <li>• Bottled, canned and powdered juices* and juice boxes</li> </ul>
<b>VEGETABLES</b>	<ul style="list-style-type: none"> <li>• Canned vegetables and vegetable juices</li> <li>• Canned salsa</li> <li>• Instant potatoes*</li> </ul>
<b>CEREALS AND GRAINS</b>	<ul style="list-style-type: none"> <li>• Bread (enriched and whole grain)</li> <li>• Bagels, muffins, quick breads</li> <li>• Breakfast or granola bars</li> <li>• Ready-to-eat cereals</li> <li>• Crackers, popcorn or rice cakes</li> <li>• Hard taco shells or tortilla chips</li> <li>• Instant hot cereals, rice and pasta or noodle mixes*</li> </ul>
<b>SOUPS</b>	<ul style="list-style-type: none"> <li>• Canned soups</li> <li>• Condensed soup or dried soup mixes*</li> </ul>
<b>SWEETS</b>	<ul style="list-style-type: none"> <li>• Trail mix</li> <li>• Jams and jellies</li> <li>• Cakes, cookies, fruit pies</li> </ul>
<b>STAPLES</b>	<ul style="list-style-type: none"> <li>• Instant coffee or tea, cocoa mix*</li> <li>• Sugar, spices, herbs, mustard, ketchup and other condiments</li> <li>• Non-dairy creamer</li> <li>• Margarine, vegetable oil</li> </ul>



# Sample "No-Cook" Menu

<b>BREAKFAST</b>	<ul style="list-style-type: none"> <li>• Canned juice</li> <li>• Ready-to-eat cereal or breakfast snack bar</li> <li>• Whole wheat or enriched bread with jam, jelly or peanut butter</li> <li>• Milk (reconstituted dry* or canned milk)</li> </ul>
<b>LUNCH</b>	<ul style="list-style-type: none"> <li>• Peanut butter or processed cheese spread sandwich</li> <li>• Canned fruit</li> <li>• Milk or cocoa (reconstituted dry mix*)</li> </ul>
<b>SUPPER</b>	<ul style="list-style-type: none"> <li>• Canned tuna or stew</li> <li>• Crackers</li> <li>• Canned beans (baked beans)</li> <li>• Canned corn or green beans</li> <li>• Canned pudding</li> <li>• Milk or cocoa (reconstituted dry milk*)</li> </ul>
<b>SNACK</b>	<ul style="list-style-type: none"> <li>• Canned pudding</li> <li>• Crackers</li> <li>• Peanuts, pretzels</li> <li>• Juice box</li> <li>• Granola bar or rice cakes</li> </ul>



## DON'T FORGET

- Batteries
- A flashlight
- A first aid kit
- Family medications
- Pet food (if you have a pet)
- A battery-operated clock or watch

## Plan for a 3-day supply of foods that need no cooking or refrigeration.

- Choose from foods your family enjoys, plus favorite treats
- Include foods needed for special diets

- Check food labels:
  - Storage requirements
  - Use-by or expiration dates
- Plan on single servings or one-meal size portions to avoid leftovers

## STORE FOODS SAFELY

- Store foods in a clean, dry area, off the floor and away from electrical appliances.
- Keep food covered at all times.
- Check all foods for signs of spoilage.
- Check cans for dents and rust. If they become damaged throw them out.

## IF THE POWER GOES OUT

- FIRST–Use perishable foods and foods from the refrigerator
- SECOND–Use foods from the freezer
- THIRD–Use canned foods and shelf-stable foods

**DISCARD ANY LEFTOVERS OR OPEN CANS!**