### Choose Foods with Good Nutrition & Safety in Mind

<table>
<thead>
<tr>
<th>Category</th>
<th>Foods</th>
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<tbody>
<tr>
<td><strong>WATER</strong></td>
<td>Plan for one gallon per person per day for drinking, cooking and personal hygiene.</td>
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<td></td>
<td>* Use bottled water or tap water that is stored in clean containers.</td>
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</tbody>
</table>
| **MILK AND MILK PRODUCTS**      | • Dry* or canned evaporated milk  
|                                 | • Rice or soy milk  
|                                 | • Boxed or shelf-stable milk  
|                                 | • Powdered infant formula*  
|                                 | • Canned puddings  
|                                 | • Canned Parmesan or Romano cheese |
| **MEAT, FISH, POULTRY, AND BEANS** | • Ready-to-eat canned beans, meat, fish and poultry  
|                                 | • Canned meat mixtures like chili, chow mein, stews and soups  
|                                 | • Peanut butter, nuts and seeds  
|                                 | • Beef jerky  
|                                 | • Instant refried beans*  |
| **FRUITS**                       | • Canned and dried fruit  
|                                 | • Bottled, canned and powdered juices* and juice boxes |
| **VEGETABLES**                   | • Canned vegetables and vegetable juices  
|                                 | • Canned salsa  
|                                 | • Instant potatoes*  |
| **CEREALS AND GRAINS**           | • Bread (enriched and whole grain)  
|                                 | • Bagels, muffins, quick breads  
|                                 | • Breakfast or granola bars  
|                                 | • Ready-to-eat cereals  
|                                 | • Crackers, popcorn or rice cakes  
|                                 | • Hard taco shells or tortilla chips  
|                                 | • Instant hot cereals, rice and pasta or noodle mixes*  |
| **SOUPS**                        | • Canned soups  
|                                 | • Condensed soup or dried soup mixes*  |
| **SWEETS**                       | • Trail mix  
|                                 | • Jams and jellies  
|                                 | • Cakes, cookies, fruit pies |
| **STAPLES**                      | • Instant coffee or tea, cocoa mix*  
|                                 | • Sugar, spices, herbs, mustard, ketchup and other condiments  
|                                 | • Non-dairy creamer  
|                                 | • Margarine, vegetable oil |

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

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**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

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## Sample “No-Cook” Menu

<table>
<thead>
<tr>
<th>BREAKFAST</th>
<th>LUNCH</th>
<th>SUPPER</th>
<th>SNACK</th>
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</thead>
</table>
| - Canned juice  
- Ready-to-eat cereal or breakfast snack bar  
- Whole wheat or enriched bread with jam, jelly or peanut butter  
- Milk (reconstituted dry* or canned milk) | - Peanut butter or processed cheese spread sandwich  
- Canned fruit  
- Milk or cocoa (reconstituted dry mix*) | - Canned tuna or stew  
- Crackers  
- Canned beans (baked beans)  
- Canned corn or green beans  
- Canned pudding  
- Milk or cocoa (reconstituted dry milk*) | - Canned pudding  
- Crackers  
- Peanuts, pretzels  
- Juice box  
- Granola bar or rice cakes |

### 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!