

A great suggestion on How To Stock an Emergency Food Pantry

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Hurricanes, tornadoes, floods, major earthquakes and extreme blizzards could leave you trapped without electricity. If the area in which you live is prone to any of these types of devastation, you should keep an emergency food pantry stocked with foods to keep you healthy until the disaster has passed.

Keep an emergency list. We all need protein, carbohydrates and fats to keep up our energy, so be sure to store nonperishable foods that will meet these requirements:

- Dried meats. Beef jerky or beef sticks are good sources of long-storing protein.
- Canned fish and meat. Canned tuna is an excellent source of protein and omega-3 fatty acids. Canned ham and sandwich spreads can be eaten with crackers. Canned beans are an excellent source of vegetarian nutrition.
- Canned fruits. Peaches, pears, berries and applesauce are good sources of vitamin C and other nutrients.
- Canned vegetables. Vegetables, such as beans, peas, carrots and so on are important.
- Dried fruits. Dried fruits, such as raisins, are another way to get the nutrition of fruit in your emergency food pantry.
- Whole grain crackers. These are good replacements for bread.
- Nuts. Almonds, walnuts, cashews and pecans have protein, fiber and healthful fats.
- Granola bars. These are good for sweet treats.
- Dry cereals. They are fortified with extra vitamins and minerals and can be eaten dry.
- Juice boxes. Single-serving-sized juice that doesn't need to be refrigerated is helpful. Make sure to choose 100-percent fruit juices.
- Electrolyte drinks. Drinks, such as Gatorade or Powerade, are a good addition to your emergency food pantry.
- Water. In case your regular water supply becomes contaminated, store several bottles of water in your emergency pantry.
- Multivitamins. A bottle of multivitamins can help supply any missing nutrients.
- Can opener. You need to have a can opener or church key opener that stays in your emergency food pantry.
- Large containers. Keep bags, backpacks or other large containers close by. In the event you have to get out of your house in a hurry, you do not want to have to hunt for a bag to carry your food.
- Stove. A camping stove or small grill may be used in a safe area to heat foods.

More Emergency Food Pantry Tips

- Buy single-serving sizes whenever possible, because you can't depend on refrigeration after the containers have been opened.
- Make sure to periodically check the foods in your emergency food pantry, so that you don't keep foods that have passed their expiration dates.
- If you live in the northern latitudes, pack a separate emergency food container and keep it in your car. Choose nuts, crackers, dried beef, dried fruit and a container to melt snow for water.
- Keep flashlights, fresh batteries, candles, matches, blankets, first aid kits and any other emergency supplies you may need.

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http://nutrition.about.com/od/foodfun/a/emergency_stock.htm

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