Healthiest

What's in Your Emergency Supply Kit?

Weight

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.

HEALTHY EMEDGENCY SLIDDLY KIT

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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 12 grams or less of sugar
Dry cereal or granola with 12 grams or less of sugar
☐ Dried fruit, nuts and trail mix
Peanut butter or other

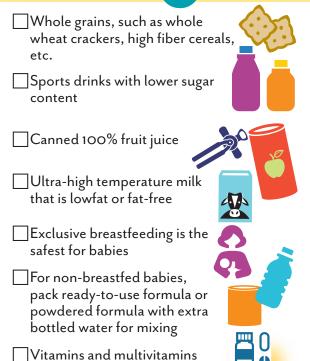


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If there is a power outage due to an emergency, remember these steps:

- Eat your fresh food first: breads, fruits or vegetables, and food from the refrigerator while it's still cold.
- 2. Next, eat your frozen food.

3. Finally, eat your emergency food and any canned foods you have stored.

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