Nutrition During a Storm Emergency

In the event of a storm, there may be little or no water, electricity, or cooking gas available. Keeping non-perishable, nutritious foods in storage will provide you with energy and nutrients during an emergency. It is good to store a few bottled water containers for drinking and food preparation. Also, keep a manual can opener available. Sometimes power can be out for several days, so store enough non-perishable foods that you can eat for three days.

**Grains:** Keep ready-to-eat, dry grains in storage that require no cooking and little or no water for preparation.
- dry breakfast cereals
- granola
- low-salt crackers
- fruit and protein bars

**Fruits & Vegetables:** Canned fruits and vegetables and dried fruits are non-perishable and ready-to-eat. Remember, these foods must be eaten once they are opened if they cannot be refrigerated.
- raisins
- canned 100% fruit juice
- canned tomato sauce
- canned green beans
- tomato juice
- canned corn

**Dairy Foods:** Canned milks are non-perishable and a great source of calcium and vitamin D.
- evaporated milk
- soy milk
- rice milk

**Protein Foods:** Canned meats and beans are safe to eat without heating, but cannot be saved unless refrigerated.
- canned tuna
- peanut butter
- mixed nuts
- canned beans

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local DHS office, or call the URI SNAP-Ed nutrition program at 1-877-Food-URI (1-877-366-3874). USDA is an equal opportunity provider and employer.