

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

