



## **EMERGENCY AND SUPPLEMENTAL FOODS**

**Plan ahead. Have the following foods available in the event of severe weather conditions or a disaster emergency. These nutritional foods may also enhance the Nutrition Program meals you receive:**

- Quick cooking or instant hot cereals
- Prepared cereals (whole grain, enriched preferred)
- Whole grain, enriched bread and/or crackers
- Dry milk powder (Tastes better if mixed a day ahead and may be used in prepared foods such as instant pudding, etc.)
- Canned evaporated milk
- Canned ham, chicken, tuna, etc. (Less sodium in water-packed)
- Hard natural cheeses - Cheese spreads will spoil more quickly
- Peanut butter and nuts
- Eggs - Keep eggs refrigerated until you are ready to use
- Canned juices and fruits
- Fresh fruits (bananas, oranges, apples, etc.)
- Dried fruits (raisins, apricots, prunes, apples, etc.)
- Canned vegetables - Dark green or orange vegetables preferred
- Canned or dried soups
- Potato flakes - Add water or milk to rehydrate

These foods require little or no cooking and should not spoil if used before their expiration date.