

Shopping to Stock Up

Have shelf stable food on hand for rainy days.

- If you live in a storm zone or extreme winter weather it is possible you could experience a power outage.
- Here is a list of healthy food items you can keep on hand so you are always prepared for emergencies.
- It is a great list to help stretch your shopping days, too!
- **Protein:** nuts, nut butter, beans, soup, tuna, canned chicken or meat. Buy small cans so once you open them you can serve all contents.
- **Fruits:** dried fruits, fruits canned in juice or water, 100% fruit juice.
- **Vegetables:** canned and dried vegetables.
- **Grains:** crackers, cereals
- **Dairy:** shelf stable milk and powdered milk
- **Beverages:** Buy 1.5 galloons of water per day for everyone in your household. One tip is to save water containers so you can fill them if there is a storm coming.
- **Other ideas:** paper cups and plates, hand wipes, counter wipes.

Meal ideas for your shelf stable items:

1. Nut butter spread on crackers with fresh or dried fruit .
2. Cereal and milk with dried fruit.
3. Canned beans or meat on crackers.
4. Vegetable salad made with canned veggies, vinegar, and canned meats or fish.
5. Meals in cups - make a variety of cups of fruits, soups, and nuts and let everyone pick the ones they want!