



PANTRY PREP

FOODS TO BUY BEFORE A STORM HITS



To prepare for a potential power outage, stock up on at least a **three-day supply of food and water** for each person in your home.

Consider foods that:

- ✓ are nutritious, ready to eat, and do not need to be refrigerated or cooked
- ✓ will meet your family’s dietary needs
- ✓ are from each of the five food groups
- ✓ are lower in sodium, added sugars, and saturated fats
- ✓ your family will enjoy

Have enough water to drink:

- ✓ A **three-day supply** of at least one gallon of water per person per day.



SHELF-STABLE FOODS

Choose a variety of items from each food group. Look for foods that do not need to be refrigerated or cooked. Have a manual can opener available.

FRUITS



- canned fruit
- 100% juice
- dried fruit

VEGETABLES



- canned vegetables
- salsa
- 100% juice

GRAINS



- whole grain breads, cereals, tortillas, tortilla chips, crackers
- popped popcorn

PROTEIN FOODS



- canned poultry, meat, seafood, beans
- nuts, peanut butter

DAIRY



- shelf-stable milk, soy milk
- powdered or evaporated milk

FOOD FOR THOUGHT

Here are some food safety tips and two recipes you could make during a power outage.

Quick Black Bean Salsa

Serves: 6 | **Serving Size:** ½ cup salsa with 1 ounce (about 10) tortilla chips

Ingredients:

- 1 can (15 ounces) black beans
- 1 can (15 ounces) corn
- 1 jar (16 ounces) salsa
- 6 ounces tortilla chips (about 60 chips)

Steps:

1. Drain black beans (rinse if possible). Drain corn.
2. Mix first three ingredients together in a large bowl.
3. Serve with tortilla chips.

— Adapted from an Iowa State University Extension and Outreach recipe

Nutrition Facts

6 servings per container
Serving size 1/2 cup salsa with 10 chips

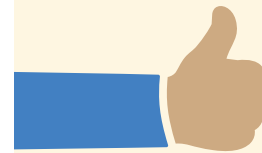
Amount per serving	% Daily Value*
Calories 270	
Total Fat 7g	9%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 390mg	17%
Total Carbohydrate 39g	14%
Dietary Fiber 8g	29%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 14mg	2%
Iron 1mg	6%
Potassium 178mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



DON'T FORGET FOOD SAFETY

- ✓ Once opened, many foods are no longer shelf stable. To reduce the risk of foodborne illness, eat these foods within **TWO HOURS AFTER OPENING**.



Do-It-Yourself Trail Mix

Serves: 6 | **Serving Size:** ½ cup

Ingredients:

- ½ cup square-type whole grain cereal
- ½ cup O-type whole grain cereal
- ½ cup puff-type whole grain cereal
- ½ cup dried fruit of your choice
- ½ cup small pretzels
- ½ cup nuts of your choice

Step:

1. Mix all ingredients together in a large bowl.

— Adapted from an Oregon State University Food Hero recipe

Nutrition Facts

6 servings per container
Serving size 1/2 cup

Amount per serving	% Daily Value*
Calories 150	
Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 105mg	5%
Total Carbohydrate 22g	8%
Dietary Fiber 0g	0%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 41mg	4%
Iron 3mg	15%
Potassium 204mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

AND MAKING CLEAN-UP EASY

- ✓ In case water is not available for clean up, stock up on:
 - hand sanitizer or sanitizing wipes
 - paper towels
 - disposable plates and cups
 - disposable forks, knives, and spoons



Updated May 2019