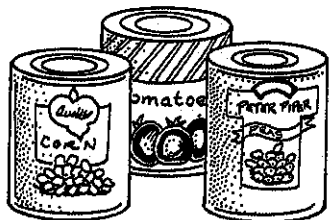


KEEPING YOUR FAMILY FED

If the Power Goes Out



Be Prepared—

If you live in an area where power outages are common, now is the time to stock up.

This is what you will need to keep your family fed:

- Canned or shelf-stable foods
- Water
- Paper or plastic plates, cups and eating utensils
- A manual can opener

To keep your food safe and healthy:

- A food thermometer
- An insulated cooler
- Freezer packs
- Moist towelettes or alcohol-based hand sanitizers

*** If you CANNOT BOIL WATER, DO NOT include instant foods.**

Choose Foods with Good Nutrition & Safety in Mind

WATER	<p>Plan for one gallon per person per day for drinking, cooking and personal hygiene.</p> <p>* Use bottled water or tap water that is stored in clean containers.</p>
MILK AND MILK PRODUCTS	<ul style="list-style-type: none"> • Dry* or canned evaporated milk • Rice or soy milk • Boxed or shelf-stable milk • Powdered infant formula* • Canned puddings • Canned Parmesan or Romano cheese
MEAT, FISH, POULTRY, AND BEANS	<ul style="list-style-type: none"> • Ready-to-eat canned beans, meat, fish and poultry • Canned meat mixtures like chili, chow mein, stews and soups • Peanut butter, nuts and seeds • Beef jerky • Instant refried beans*
FRUITS	<ul style="list-style-type: none"> • Canned and dried fruit • Bottled, canned and powdered juices* and juice boxes
VEGETABLES	<ul style="list-style-type: none"> • Canned vegetables and vegetable juices • Canned salsa • Instant potatoes*
CEREALS AND GRAINS	<ul style="list-style-type: none"> • Bread (enriched and whole grain) • Bagels, muffins, quick breads • Breakfast or granola bars • Ready-to-eat cereals • Crackers, popcorn or rice cakes • Hard taco shells or tortilla chips • Instant hot cereals, rice and pasta or noodle mixes*
SOUPS	<ul style="list-style-type: none"> • Canned soups • Condensed soup or dried soup mixes*
SWEETS	<ul style="list-style-type: none"> • Trail mix • Jams and jellies • Cakes, cookies, fruit pies
STAPLES	<ul style="list-style-type: none"> • Instant coffee or tea, cocoa mix* • Sugar, spices, herbs, mustard, ketchup and other condiments • Non-dairy creamer • Margarine, vegetable oil

