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DOH-PINELLAS OFFERS ADVICE ON HOW TO INCLUDE HEALTHIER FOOD ITEMS IN YOUR FAMILY EMERGENCY KIT



CONTACT:

Maggie Hall, Public Information, DOH-Pinellas
Margarita.Hall@FLHealth.gov
(727) 824-6908

From unexpected, fast-developing local storms to hurricane-season preparations, there's always a good time to assess and update your family emergency kit.

In times of distress, good food will curb your hunger and help you feel your best. To decide which foods to store in your emergency supply kit, first make a list of healthy foods that can be stored without refrigeration and that require no electricity to prepare. Keep your emergency supply kit cool, dry and in a designated place known to all family members. As part of your kit, remember to include the special foods that infants/children and pets will need as well.

Consider adding these healthy snacks to your list:

- Oranges—the thick skin keeps the fruit fresh longer than others.
- Nuts—can keep you fuller longer.
- Oatmeal—can be made by boiling water on a gas stove.
- Beans—can add a healthy change from other room temperature foods.
- Dried fruit—high-energy snacks with natural sweetness.
- Granola—a great source of whole grains to keep you full.
- Canned tuna—a healthy option for most people during a disaster. Eat up to 6 ounces of albacore tuna per week or up to 12 ounces of canned light tuna per week, according to the U.S Food and Drug Administration.
- Crackers and peanut butter— a small amount can provide protein and good fat and help avoid overindulging in sweets.
- Stove-top popcorn— a fun food to cook when kids need a distraction and a healthy snack to eat.
- Sports drinks – look for lower sugar content.
- Canned juices – look for 100 percent fruit juice.

For healthy disaster-kit meal ideas and tips on selecting healthy items, go to <http://www.healthiestweightflorida.com/activities/healthy-emergency-food.html>.

For information about keeping healthy and safe during emergencies, visit www.floridahealth.gov and download your copy of the [Florida Emergency Preparedness Guide](#) in English, Spanish, Creole or large print.

For information about DOH-Pinellas, go to www.PinellasHealth.com or call (727) 824-6900.

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