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## **DOH-PINELLAS ENCOURAGES ADDING HEALTHIER FOOD ITEMS TO YOUR FAMILY EMERGENCY KIT**



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The 2016 Hurricane Season begins June 1 and it's a simple change to include healthy food items when assessing and updating your family emergency kit. To decide which foods to include 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.

Don't forget to have enough water for at least 72 hours of healthy hydration when the power's off and the temperatures rise.

Consider adding these healthier snacks to your list:

- 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](http://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](http://www.PinellasHealth.com) or call (727) 824-6900.

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