



# Hurricane-Proof Nutrition

During a hurricane, there are many things you do to secure your home, but don't forget to stock your pantry with plenty of nutritious non-perishable food.

Maintain at least 3 to 7 days of food, for each member of the family.



**Water** - 1 gallon per person per day. Water is vital to have on hand during a hurricane. People can live without food longer than they can survive without water. Along with helping you stay hydrated, water can be used for cleanliness.

\* Non-drinking water can be stored in a bathtub before the storm and used to flush toilets

**Canned Meats/Tuna/Sardines** - These essentials provide much needed protein. They have a long shelf life and can be eaten as a sandwich or by themselves.



Check Expiration Dates

**Peanut Butter** - Also a good source of protein, which does not spoil easily and can also be eaten as a sandwich or by itself.

**Canned Fruits/Vegetables** - Good sources of vitamin A and C. It is okay to buy fresh fruits and vegetables that do not need to be refrigerated, but make sure to eat them promptly so they do not spoil. Dried fruits are also a good alternative.



**Canned Soups** - These items are a staple and are inexpensive. Be sure to buy soups that are "ready to eat" – avoid concentrated soups that require water.

Choose Low-Sodium Options

**Cereals** - Cereals, particularly those with whole grains, are a rich source of vitamins (such as vitamins A, B6, iron, niacin and zinc), minerals, carbohydrates, and proteins.



**Bread/Crackers/Pretzels** - Bread provides needed whole grains and can be used to make sandwiches. Make sure to eat breads before they go stale. Crackers/pretzels can be bought plain or with peanut butter or cheese in the middle.

**Baby Formula/Food** - If you have a little one, consider canned formula, so you do not need to add water. Also, make sure there are enough jars of baby food to keep your little one satisfied.



**Boxed (Aseptic) Milk** - Milk as an excellent source of calcium and vitamin D. It offers many benefits, including the promotion of good bone health, robust skin, and an improved immune system. In this ultra-pasteurized form, it does not need to be refrigerated and is ready to drink without adding water.

**Comfort Foods/Snacks** - Remember your everyday comforts, such as instant coffee and tea bags. To satisfy your sweet tooth consider a few granola bars, fruit roll-ups, cookies, or hard candy.



**Packaged Condiments** - Including packaged condiments can help spice up some of the other nutritional items you have stored away.



- Food for those with Special Dietary Needs (e.g., diabetic requirements or allergic reactions)
- Daily Medications and Vitamins
- Non-electric Can Opener
- Cooking tools / Fuel
- Paper Plates / Plastic Utensils
- Food for Your Pets

For additional resources, visit [www.khou.com/weather/hurricane-central/](http://www.khou.com/weather/hurricane-central/)