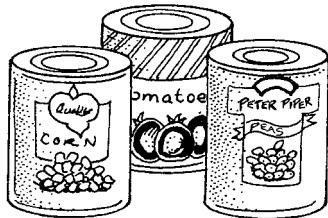


KEEPING YOUR FAMILY FED

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

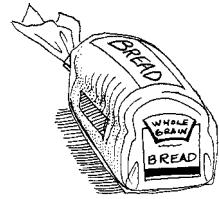
To keep your food safe and healthy:

- 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

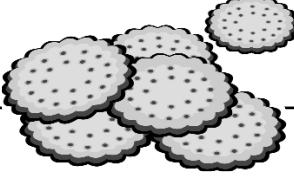
WATER	<p>Plan for one gallon per person per day for drinking, cooking and personal hygiene.</p> <p>* Use bottled water or tap water that is stored in clean containers.</p>
MILK AND MILK PRODUCTS	<ul style="list-style-type: none"> ▪ Dry or canned evaporated milk ▪ Rice or soy milk ▪ Boxed or shelf-stable 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 ▪ 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



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Sample “No-Cook” Menu

BREAKFAST	<ul style="list-style-type: none">• Canned juice• Ready-to-eat cereal or breakfast snack bar• Whole wheat or enriched bread with jam, jelly or peanut butter• Milk (reconstituted dry or canned milk)	
LUNCH	<ul style="list-style-type: none">• Peanut butter or processed cheese spread sandwich• Canned fruit• Milk or cocoa (reconstituted dry mix)	
SUPPER	<ul style="list-style-type: none">• Canned tuna or stew• Crackers• Canned beans (baked beans)• Canned corn or green beans• Canned pudding• Milk	
SNACK	<ul style="list-style-type: none">• Canned pudding• Crackers• Peanuts, pretzels• Juice box• Granola bar or rice cakes	

DON'T FORGET

- Batteries
- A flashlight
- A first aid kit
- Family medications
- Pet food (if you have a pet)
- A battery-operated clock or watch

Plan for a 3-day supply of foods that need no cooking or refrigeration.

- Choose from foods your family enjoys, plus favorite treats
- Include foods needed for special diets

- Check food labels:
 - Storage requirements
 - Use-by or expiration dates
- Plan on single servings or one-meal size portions to avoid leftovers

STORE FOODS SAFELY

- Store foods in a clean, dry area, off the floor and away from electrical appliances.
- Keep food covered at all times.
- Check all foods for signs of spoilage.
- Check cans for dents and rust. If they become damaged throw them out.

IF THE POWER GOES OUT

- **FIRST**—Use perishable foods and foods from the refrigerator
- **SECOND**—Use foods from the freezer
- **THIRD**—Use canned foods and shelf-stable foods

**DISCARD ANY
LEFTOVERS OR
OPEN CANS!**



A member of the Massachusetts Partnership for Food Safety Education.

For more information on preparing for an emergency contact MEMA <http://www.state.ma.us/mema/> For answers to food safety questions call the USDA Meat & Poultry Hotline • 1-800-535-4555 Prepared by the UMass Extension Nutrition Education Program in cooperation with the Massachusetts Partnership for Safety Education Sources: Colorado State University Cooperative Extension, University of Maine Cooperative Extension and North Carolina State University Cooperative Extension