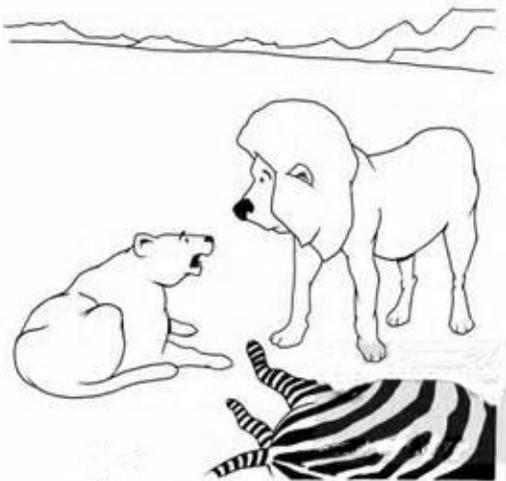


Prepare a Variety of Healthy Meals

What are good foods to prepare if the ability to cook is limited?

- Cook meats that have not spoiled or use canned meat
- Rice, Beans, and Pasta
- Vegetables and Fruits from garden/fruit trees (or canned)
- Seasonings

If outside temperatures go above 40 degrees refrigerated foods should be consumed first. If outside temps are below 20 F, move food to a cold attic, hang in bear bag, or secure in pest proof container. If outside temps are above 20 degrees F, freezer foods need to be consumed first.



"Honey, the 'best before' date on this zebra was over two weeks ago."

Preparedness #4

Food Storage and Meal Preparations without Electricity

When refrigerators and freezers aren't working; perishable refrigerated items will begin to deteriorate if food items aren't stored at 40 degrees F and frozen foods will begin to thaw and spoil if items are not moved to a location with temperatures at 0 degrees F.

- Keep refrigerator and freezer doors closed as much as possible during a power outage to prevent cold air from escaping.
- Refrigerated foods are safe to eat if they've been kept at 40°F or lower. If the power is out for only a few hours and the door is kept closed, the food should remain at a proper temperature.
- During an extended outage, use perishable foods from the refrigerator first, frozen foods second and nonperishable foods last.
- Keep an appliance thermometer in the refrigerator. If it registers higher than 40°F, food may have started to spoil.
- When power returns, let the refrigerator reach the proper temperature of 40°F or lower before restocking it.
- A full freezer can remain at freezing temperature for about two days; a half-full freezer, for about one day.

- If frozen foods thaw but are still 40°F or colder, use or refreeze them as soon as possible. Refreezing may compromise the quality of some foods, but they will still be safe to eat.
- If your freezer is not full, quickly group packages together to keep them cold longer. Exception: Separate meat and poultry to one side of the freezer or place on trays so their juices will not contaminate other foods if they thaw.
- Thoroughly clean the interiors of the refrigerator and freezer after removing spoiled or thawed foods. Start with soap and warm water, then disinfect with a solution of 3/4 cup liquid chlorine bleach mixed with 1 gallon warm water.

Plant a garden and fruit trees. Can, dry, or freeze your surplus.

May not be able to get to a store. Stores may have depleted inventory of food.

Plan ahead. Every family should keep enough food and water (enough for each member in the home) stored in case of a disaster. If prepared, family members can still eat favorite foods and not have to live on MRE's.

Recommended foods include:

- Ready-to-eat canned meats, fruits and vegetables. (Be sure to include a manual can opener)
- Canned juices, milk and soup (if powdered, store extra water).
- High energy foods, such as peanut butter, jelly, crackers, granola bars and trail mix.
- Comfort foods, such as hard candy, sweetened cereals, candy bars and cookies.
- Foods for infants, elderly persons or persons on special diets, if necessary.
- Compressed food bars. They store well, are lightweight, taste good and are nutritious.
- Trail mix. It is available as a prepackaged product or you can assemble it on your own.
- Dried foods. They can be nutritious and satisfying, but some have a lot of salt content, which promotes thirst. Read the label.
- Freeze-dried foods. They are tasty and lightweight, but will need water for reconstitution.
- Instant Meals. Cups of noodles or cups of soup are a good addition, although they need water for reconstitution.
- Snack-sized canned goods. Good because they generally have pull-top lids or twist-open keys.
- Prepackaged beverages. Those in foil packets and foil-lined boxes are suitable because they are tightly sealed and will keep for a long time.