

Non-Perishable Food items that Do Not Require Cooking

**Stock Up On Your Favorite Items BEFORE a Hurricane
DON'T WAIT UNTIL A COUPLE OF DAYS BEFORE A STORM TO
SHOP. ASIDE FROM CROWDED STORES, THE SHELVES MAY BE
EMPTY OF THE ITEMS LISTED BELOW.**

We are told that we should prepare for, at least, 7 days without power. (Of course, this could be less or more.)

Let us assume you have no electric power for your electric stove and no generator for the house appliances. Also, let us assume you have no grill, propane or charcoal. What do you need to have on hand for food supplies?

1. **Water** is an essential.

Following a storm the water supply to our community and surrounding area may not be suitable for drinking.

Have a supply of water as backup. It is recommended to have 1 Gallon per person and each pet per day. [Therefore, if you are a family of 4 - 2 adults and 2 pets - you would need 4 Gallons of water per day. That is 512 oz of water or 32 16-oz bottles of water] *

2. Shelf-Stable Foods -

On a regular day people eat meals and snack.....and that all varies. For our example, lets take a married couple and say they have 3 meals and 3 snacks** a day. Within that they should be getting their needed Proteins, Carbohydrates, and Fats along with vitamins and minerals. The percentage of nutrients within a product varies with the manufacturer. Always compare brands for the best to fit your needs. If you are planning to stock for 7 days for 2 people you will need to plan for 42 meal servings and 42 snack servings.

Source of.....Protein (P); Fat/Lipids (F); Carbohydrates (C)

Powdered Milk - (P, C)

Honey (C)

Diced Tomatoes (C,P.....Sodium)

Canned Vegetables (P & C - varies with the vegetable...Sodium - look for low or no salt cans)

Protein Powders (P,C)

Protein Bars (P,F,C)

Tuna or Salmon in Foil Packs - (P, low fat)

Nut Butters (Peanut, Almond) (F,P,Ccheck the amount of sugars - comparison shop)
Beef Jerky (P,F.....high sodium)
Pepperoni (F,P....high sodium)
Nuts - Bagged or Canned (F,P,C)
Quest Chips (P,F,low C.....high sodium)
Parmesan Chips (P,F,low C.....high sodium)
Low-Carb Tortillas

Careful with the following:
(We've seen these items recommended on the internet.)

Trail Mix/GORP*** (P,F,C.....high Potassium and high caloric value)
Pork Rinds (Proteins, Fat.....very high sodium 1,000-1800+mg)
Bread (Carbohydrates, Proteins, Fats)
Croissants (High in Carbs and fats)
Dried Fruits - (High in Sugars/Carbs.....1 cup of dried fruits has around 2x's the amount of sugar found in the fresh version of the same fruit.)

Canned Meats and Fish: Tuna, Salmon, Chicken, Canned Beef Stew, Canned Chili and Soups
(These may be eaten at room temperature. While not appealing to many gourmet diners, it beats starvation and provides necessary proteins and fats. But, be aware of the salt contents. These should be listed on the packaging. For someone 55+ the RDA is 2300 mg. As with all RDA's, check with your doctor as what would be a safe amount for you and any medical conditions you may have.)

Without refrigeration or the ability to cook you are limited. But, be creative!
Fresh fruits and vegetables will last for a couple of days without refrigeration.

3. Stress eaters -

BEWARE OF TOO MANY CARBOHYDRATES!

Crackers and candies are so easy to pick up and munch. During time of stress they are a "comfort food" because we grew up with them as a reward for many different reasons. But, they won't stave off the hunger. You'll be hungry in the next half hour. Eat something with protein. Also, they spike your insulin which triggers the body to store the excess calories as fat.

Canned meats — **Warning!** Once opened, without refrigeration, these should be consumed. Lengthy exposure to room temperature or warmer conditions will promote bacterial growth.

Don't forget about having food available for your fur-babies!

If you are on a **low-carb nutrition plan**, try to eliminate whole and refined grains, baked goods, fruit, milk, yogurt, beans, legumes, pasta, bread, sugar-sweetened beverages, and starchy vegetables like peas and corn. Food and drinks allowed on a no-carb diet include meat, fish, eggs, cheese, butter, oils, water, and plain coffee or tea.

* If you want to calculate in liters, 1 gallon equals 3.79 liters

** Re: Snacks - Careful with your snack choices here as in a couple of days you can pack on body pounds. For every 1 lb of glycogen (animal starch) that you store in your body you will retain up to 4 lbs of water. Animal starch (glycogen) is made from excess sugars. Limit the amount of carbohydrates.

P.S. You need carbohydrates in your nutrition plan. So, do not totally eliminate them. Just be conscious of your choices.

*** GORP - Acronym used by hikers & Scouts for "Good Old fashioned Raisins and Peanuts"

It's best to:

Plan Ahead

Shop ample days before the storm to avoid scarcity of items

Stay Safe! Stay Healthy! We want to be your friends and neighbors for many years!!

If you have any questions, reach out to us:

Debbie McIntyre - mcintyred2021@gmail.com

Kevin McIntyre - Kbm2024fl@gmail.com