

Eating Healthy During an Emergency

Types of Emergencies:

- Weather event- examples: snow storm, flooding, high winds (trees down, blocking roads)



- Medical event- examples: bio-warfare, pandemic, epidemic, seasonal outbreaks

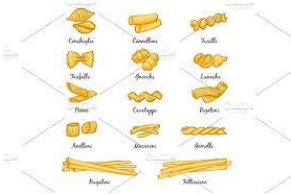


Planning or Reacting to Emergencies:

- Have a one week supply of food and water
- Have foods that are sustainable and shelf-stable, if possible
- Don't get discouraged if you can't find items you would normally buy
- Look for substitutes for these items in a pinch



Substitutes in a Pinch



- For whole wheat pastas (substitute regular pastas and add non-starchy vegetables to increase the fiber content to compensate for it not being whole grain)
- For bread (substitute wraps- whole grain, low carb, high fiber, etc.); can use as a “bun” for hamburger or can be used for a make-shift sandwich
- Fresh vegetables may be hard to find or in limited supply, but you may substitute frozen vegetables or canned vegetables (both provide valuable nutrition)



Substitutes continued...

- If you can't find whole pieces of meat, use canned chicken or canned tuna and salmon for good sources of protein
- Fresh fruit can be hard to find or in limited supply, but you may substitute unsweetened, frozen fruit or canned fruit in 100% juice or water (both provide valuable nutrition)



Shopping During an Emergency:

- Peanut butter/other nut butters- provide good protein and will sustain you
- Whole grain cereals and granola bars (will provide fiber, nutrients and will also sustain you)
- Whole grain crackers paired with low-fat cheese or nut butter for a sustainable snack
- Canned beans and legumes (add protein and fiber)- may add to soups or as a side dish
- Pastas- whether whole grain or regular (can add vegetables to increase fiber content and make meals go further)

Shopping continued...

- Fresh, frozen or canned vegetables- depending on which is/are not available or is/are in limited supply
- Fresh, frozen or canned fruit in 100% juice or water- depending on which is/are not available or is/are in limited supply
- Canned meats and tuna or salmon- if whole pieces of meat are not available
- Whole grain breads or wraps
- Eggs (can be used for multiple meals, not just breakfast)
- Yogurts- whether Greek or Non-Greek (look for lower sugar content and active cultures)

Take Home Message

- More than likely in an emergency, you may not be able to stick to your normal, healthy ways such as buying whole wheat pastas and organic soy milk, whole wheat breads, frozen steamable vegetables, etc.
- Please don't stress out about grocery shopping (you have enough stress during an emergency); just do the best you can with the tips in this presentation, and you will be fine
- We will overcome!

