

PENNY SAVER NEWS

FAX: 932-5261

May 27, 2005

BY: Mary A. Keith, Ph.D., L.D.
Food, Nutrition and Health Agent**HILLSBOROUGH COUNTY**

5339 S. County Road 579

Seffner, FL 33584-3334

PH:(813)744-5519 x 136, FAX:744-5776
e-mail:makeith@mail.ifas.ufl.edu**It's That Time Again**

It's not been nearly long enough to forget about our visitors last September, but Charley, Jeanne and Frances wandered through last year. The hurricane season starts again next week. We'll have a tax holiday in June to stock up on some hurricane supplies for our houses, thanks to a last-minute decision by the legislature. Hurricane food supplies are not on the tax-free list, but now's the time to use the last of your stash from last year, and start building this year's supply.

Before you start buying, think about how and where you'll store it. If possible, buy things that are all ready in cans, jars or solid plastic, rather than in paper or light-weight plastic. You want something that can withstand not only the wind of a storm and water of rain or flood but also the teeth of rodents, pets and insects. If you buy cereal in paper boxes, plan on storing it in large tins (like those Christmas popcorn cans) or in heavy-duty zipper-seal plastic bags.

Next, think about how you'll prepare and eat it. Since there might not be water available, don't get noodles that need water to be edible. Unless you're okay with eating soup out of a can, don't plan to eat soup on paper plates. And finally, remember that there will be no refrigerator for storing leftovers. While large economy sized packages are a good buy for the money, you'll waste less if you buy things in single serving size or with only enough for one meal for the size of your family.

Now that you know what forms you'll be looking for, what foods will be in those cans and jars? For each adult in the household for three days, you want to have on

hand the following amounts.

Of the Breads, Grains and Cereals - between 20 and 30 servings for each adult. Remember, this group will give us the fastest energy, so if you're cleaning after a storm you'll want all the energy you can get. Think of crackers, pretzels, granola bars, cereal you can eat dry if necessary, rice cakes and bread sticks. Don't get a lot of really salty crackers, they will only make you more thirsty.

From the Fruit group, plan on 6 to 12 servings. This can be canned fruit, dried fruit or fruit leather, applesauce and canned or bottled fruit juices. Remember a manual can opener! Instant powdered drink mixes will need water, but they can also help cover up the taste of treated water.

From the Vegetable group, for each adult plan on 10 to 15 servings. Again, canned vegetables and vegetable soups that don't need added water will be the best. Dry soup mixes will work to cover the flavor of treated water once that is available.

The Protein group includes meat, chicken, fish, beans and peanuts, and eggs. We need less of these than of the other groups, only 6 to 9 servings per adult. Peanut butter is protein plus fat for energy. Canned tuna and other meats, chili with or without meat, bean, sardines, stews and soups, and Vienna sausages all fill the bill. If you seal it well enough, jerky will be safe. Since it's often salty, it will increase your thirst.

From the Dairy group, plan on 6 to 9 servings. The UHT boxed milks (the ones on the shelf, not refrigerated) and canned pudding. Dry milk powder and canned milk will be useful only when you have safe water. Dry pudding mixes plus powdered milk can be mixed with treated water for added flavor.

Finally, be sure you have at least one gallon of water per day for drinking and cooking. You'll need more for washing yourself and any utensils you use.

In the meantime, here's a different version of tuna salad for a cool evening meal. For added safety, stick the tuna and chestnuts in the refrigerator the day before, so that they are chilled when you make the salad.

Tuna with an Oriental Twist

| | |
|----------------------------------------------|--------------------------------------|
| 1 - 7 oz can tuna, drained | 1/4 cup low fat salad dressing |
| 1 Tbsp minced onion | 1 tsp lemon juice |
| 1 tsp low sodium soy sauce | 1/2 tsp curry powder |
| 1 - 5 oz can sliced water chestnuts, drained | lettuce leaves or sliced Cuban bread |

Combine salad dressing, onion, lemon juice, soy sauce and curry powder until well blended. Add tuna and water chestnuts and mix gently. Chill until ready to use. Serve on lettuce leaves, or for a sandwich spread on sliced Cuban bread. Serves 2-3.

Hillsborough County Extension is a cooperative service of the Hillsborough County Board of County Commissioners and the University of Florida.

The Institute of Food and Agricultural Sciences is an Equal Employment Opportunity - Affirmative Action Employer authorized to provide research, educational information and other services only to individuals and institutions that function without regard to race, color, sex, age, handicap or national origin. COOPERATIVE EXTENSION IN AGRICULTURE, HOME ECONOMICS, STATE OF FLORIDA, IFAS, UNIVERSITY OF FLORIDA, U.S. DEPARTMENT OF AGRICULTURE, AND BOARDS OF COUNTY COMMISSIONERS COOPERATING