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‘Summer’ Foods

Summer’s here, and for Florida that means hurricane season. Do you have your food supply ready? It is recommended that we have enough on hand to keep us eating for 3 days. Now, you could choose to munch on chips and let your body handle the stress malnourished. Or you could stock up on some good stuff and make it easier on yourself. Here are some hints.

Canned goods are your best bet. They don’t need to be refrigerated, they travel well if you have to evacuate and they come in lots of sizes. Glass jars break easily. Foods in plastic and light-weight cardboard may get wet if rain comes in. They are also more likely to be torn or allow insects or pests to get in. However, the foil pouches that tuna is now packed in, and the boxes that juice and milk are in, are relatively heavy-duty and sturdy. A variety of cans of fruits, vegetables, meats and soups will keep you healthy.

If you are stocking up on crackers, granola bars and cereal, store them in a larger more protective container. This is where those big Christmas popcorn tins come in very handy! A double wrap of large, heavy duty zipper-seal plastic bags can work in a pinch.

Next, think about size. Don’t get huge cans if there are only 2 people in your household. Choose sizes that you will be able to finish at one meal, 2 servings per can for a 2 person family. Without refrigeration leftovers will spoil rapidly. But if you know that you like baked beans for example, and are able to eat the whole larger can at one sitting, then a large can is fine. Single serving cans of fruit, juices, vegetables, chicken and tuna can allow you to have some variety, or a healthy snack between meals.

Be sure you have something to drink besides soda and sports drinks. The salt in sports drinks will make you more thirsty. The boxed milk and juice containers that do not need

refrigeration are a good idea. If you have gallons of water stored, include powdered drink mixes, milk, and instant coffee or tea. The variety will help you feel better, and the choice of flavors will be welcome if the water gets stale.

Finally, be sure to have a manual can opener with those cans! Plenty of paper or plastic cups and dishes, forks and spoons and paper towels will make clean up easier. You might not have clean water for dish washing. And a jug of bleach is a good sanitizer if you need to purify water or clean mold. Let's hope we won't need it, but be prepared in case we do!

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