

PENNY SAVER NEWS

FAX: 932-5261

June 1, 2007

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@ifas.ufl.edu

It's THAT Season Again!

Unfortunately folks, it is now officially Hurricane Season again. We've all ready had the first tropical storm of the season, although it was not generous enough to drop some rain on the big wild fires. Rain or not, it is time for us to be checking our storm food supplies and getting ready. Please, do not wait until the clouds are dark to decide to go buy water!

WATER - You should store at least 3 gallons for each person in the household. That's 1 gallon of water for drinking, cooking and brushing teeth for each of 3 days. Our emergency preparedness crews want us to be ready to survive without them for 3 days if necessary. Family of four, 3 days, that's 12 gallons of water to keep ready.

You can buy water. You can fill jugs and bottles with tap water. Milk jugs are not the best idea. It's hard to completely remove the milk fat and protein, so water might become contaminated or taste bad. But water jugs, bottles made for camping or other bottles that can be cleaned and tightly sealed are okay.

It's probably a good idea to have something to flavor the water. After awhile water will start to taste flat or stale. You can use powdered drink mixes such as Tang® with added vitamins, KoolAid® that's mostly sugar and flavor, milk with lots of nutrients, or instant tea or coffee. While adults working outside and sweating a lot may benefit from sports drinks, children do not need the extra minerals, so plan something different for them.

FOOD - Again, plan on having enough for 3 days for each person. On average,

plan for 10 servings of grains or cereals for an adult for each day, 6 for children. You'll want at least 4 fruits and 5 veggies for adults, 2 fruits and 3 veggies for each child for each day. Adults need about 6 servings of protein per day, children need 3. Adults need 3 or 4 servings of milk or dairy per day, children need 2 or 3 depending on their age.

Think carefully about what form you buy. In general canned goods are best. Cans are the least likely to be affected by wind or water, so they're safest. Canned goods may be eaten safely directly from the can even if there's no way of heating them.

Because you might not have power, get sizes of food packages that are about what you need for 1 meal. They'll spoil or attract pests when you can't store leftovers. For a family of 4, look for cans with about 4 servings. But, if you know your family loves baked beans even when they're cold, then a 6 or 8 serving can could be a good choice.

Of course most of us stock up on cereal and bread too. These and other foods packaged in paper or light weight plastic should be stored in large cans. Those cans from Christmas popcorn come in very handy for this! Or double bag them in large, heavy duty zipper seal plastic bags if you don't have cans.

If you'll be able to boil water, then instant oatmeal or rice, soup mixes, Ramen noodles and other quick cooking foods will give you nutritious variety. Don't overload on very salty foods though, they'll make you more thirsty.

OTHER ESSENTIALS - Be sure you have a manual can opener in your emergency box. Keep paper towels and plates, plastic cups and utensils handy. Several bottles of hand sanitizer and a bottle of bleach for disinfecting are also very important.

Finally, a few extra treats such as pudding snacks, granola bars, some candy or

chips will be welcome. Just be sure you have enough of the important, nutritious foods before you fill up on sweets.

Here's hoping we won't need these things this year either, but be prepared! If you want a brochure with all of this and more, including a checklist for a family of four, write to me at 5339 S. CR 579, Seffner, 33584, call 744-5519, ext 136 or 137, or email me at <mkeith@ufl.edu>.

This recipe is one you can make with canned ingredients, no cooking needed. It's good for a warm evening even if you have power! If you don't care for poppy seed dressing any other creamy salad dressing can be used. Low-cal dressing is healthier!

Orange and Bean Salad

1 15 ½ oz-can kidney beans, drained and rinsed	2 stalks celery, chopped
1 11 oz-can mandarin oranges, drained	½ C poppy seed salad dressing
2 Tbsp sugar or sweetener	Lettuce leaves, rinsed

Combine all ingredients in bowl. Mix, cover and chill several hours or overnight. Serve over lettuce. Serves 4-6.