

PENNY SAVER NEWS

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August 28, 2008

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Hurricane Fay has come and gone. How ready were you? What did you have planned for meals? Before the next one rolls in, take a deep breath and think seriously about what you expected your family to eat. Especially when the stress levels are running high, good nutrition is extra important. Sure, chips and soda or beer sounds like fun, but that is not enough to keep you going and meet the special needs of a weather emergency. So, what will you do for the next one?

When everyone else is heading for the bottled water section, you head for the produce. Stock up on fresh apples, oranges, tomatoes, a bag of carrots. Get fresh produce that does not have to be refrigerated. You'll appreciate the fresh stuff when everyone else is eating out of cans. Unless you have plenty of extra water stored to wash it, wash *and dry* the produce before the storm hits. Try to get it as dry as possible so that it won't mold.

Before the power goes out review what's in your refrigerator. You'll want to use any perishables first, but you don't want to stand there studying the shelves when the power is out. Think about what's there, open the door, grab it and close the door again as quickly as possible. If you want to be super-organized, make a list and stick it to the door.

If you have fresh milk in the refrigerator, use it for the first breakfasts, along with your dry cereals. Save the canned or powdered milk for making instant oatmeal on the

grill after the fresh milk is gone. Use fresh fruit for breakfast first, then go on to canned fruit. Keep single serving fruit cups in a variety of flavors in your box, so that people can take their choice of which flavor they want.

For lunch, start with any lunch meat, cheese and fresh bread you have on hand the first days. Use fresh fruit for desserts. Or use the last of the fresh milk to mix with instant puddings. When the fresh things are gone, move on to canned soups, stews or pastas. But don't just serve plain canned soup. Open an extra can or two of vegetables and stir them into the soup. This will dilute the salt so you won't be so thirsty, and it will add flavor to plain canned veggies. Crackers with peanut butter or cheese spread can make it extra hearty.

Dinners can be similar to lunch. You can mix canned ravioli or spaghetti with extra vegetables. Stock a variety of flavors - cheese, meat, mushroom, garlic, so you're not bored with the same flavors over and over. If you can boil water, cook extra spaghetti or macaroni to stir into the canned pasta. Use grated cheese to boost the flavor. Crackers or low salt pretzels are other good grain sources.

Rather than trying to eat Spam® plain, it can be diced and added to spaghetti sauce, to baked beans, or to soups. One can of baked beans can be enough to flavor a second can of plain pinto or kidney beans stirred in and heated. Or, drain a can of black beans and a can of corn. If you have a little can of mushrooms, drain and mix it in too. Stir in enough salsa to flavor the salad. Served with tortillas or corn chips this can be a satisfying lunch or dinner too.

Let's hope we don't have to resort to any of this! Here's a interesting salad for when we have refrigeration to keep it cold.

Melon and Turkey Salad

2 Cups cooked turkey, diced	2 Cups honeydew or cantaloupe, diced
1 stalk celery, diced	1 jalapeño pepper, seeded and diced
1 green onion, diced	1 bag ready to eat spinach

For dressing:

2 Tbsp orange juice	2 Tbsp vinegar
2 tsp lime juice	1 tsp oil
1/4 tsp curry powder	Salt and pepper to taste

Combine melon, chicken and vegetables in large bowl. In small bowl whisk together the juices, vinegar, oil, curry powder, salt and pepper. Pour over chicken mixture and stir gently until mixed. Serve over fresh spinach. Serves 4.

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