

Three-Day Emergency Food Supply

By Richard Bogren

With every hurricane season, it is never too early to prepare your pantry for what a storm might bring.

LSU AgCenter nutritionist and registered dietitian Sandra May said when preparing for a hurricane, keep in mind foods that do not have to be refrigerated before or after opening, will not spoil over a period of a few days, require little to no preparation and can be prepared without electricity.

“Be sure to have at least a three-day food supply for each person in the household,” she said.

Before making an emergency food supply shopping list, May recommends taking inventory of what you have already in your cupboard. Check expiration dates of each item.

“It is best not to assume you have a staple food on hand then find out that it is expired when you need it most,” she said.

She provided a list of nonperishable, shelf-stable foods by food group that will get a family through a hurricane:

GRAINS:

- Whole-grain bread
- Whole-wheat crackers
- Bagged popcorn
- Baked and/or whole-grain chips
- Pretzels
- Dry cereal
- Rice cakes
- Trail mix
- Granola bars

PROTEIN:

- Canned chicken, turkey, beef or fish (tuna, salmon, sardines)
- Nuts and seeds
- Peanut butter
- Canned chili
- Protein bars
- Some hard meats, such as pepperoni and hard, packaged salami

FRUIT:

- Dried fruits or fruit leather
- 100% fruit juices in individual containers
- Canned fruit or fruit packaged in individual containers

VEGETABLES:

- Canned vegetables
- 100% vegetable juices in individual containers
- Canned low-sodium soups

DAIRY:

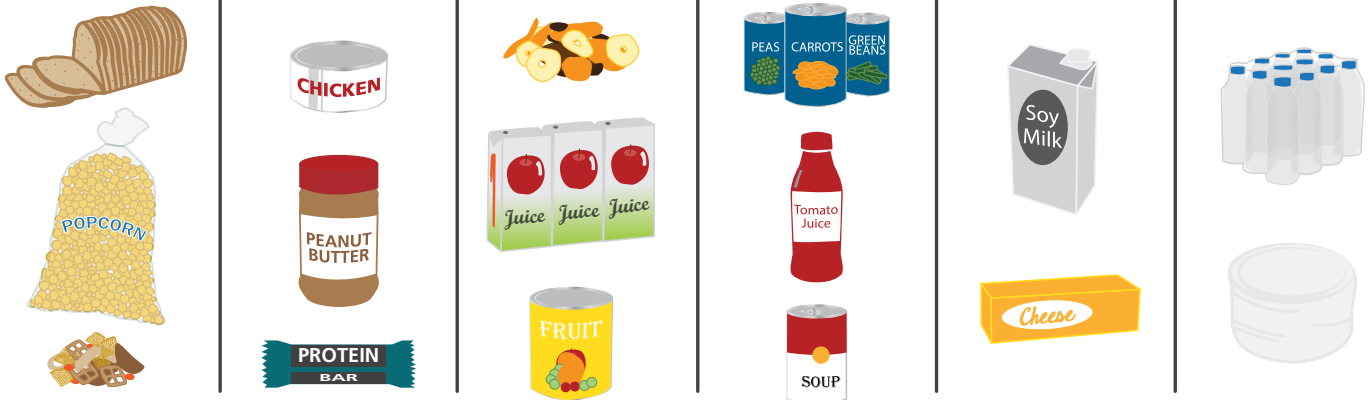
- Shelf-stable milk or milk substitute, such as soy or almond milk
- Boxed processed cheese

OTHER:

- Bottled water — enough for drinking and brushing your teeth
- Manual can opener
- Disposable plates, cups, utensils and napkins

HURRICANE FOOD PREPARATION

NONPERISHABLE, SHELF-STABLE FOODS



GRAINS	PROTEIN	FRUIT	VEGETABLES	DAIRY	OTHER
<ul style="list-style-type: none"> • Whole-grain bread • Whole-wheat crackers • Bagged popcorn • Baked and/or whole-grain chips • Pretzels • Dry cereal • Rice cakes • Trail mix • Granola bars 	<ul style="list-style-type: none"> • Canned chicken, turkey, beef or fish (tuna, salmon, sardines) • Nuts and seeds • Peanut butter • Canned chili • Protein bars • Some hard meats, such as pepperoni and hard, packaged salami 	<ul style="list-style-type: none"> • Dried fruits or fruit leather • 100% fruit juices in individual containers • Canned fruit or fruit packaged in individual containers 	<ul style="list-style-type: none"> • Canned vegetables • 100% vegetable juices in individual containers • Canned low-sodium soups 	<ul style="list-style-type: none"> • Shelf-stable milk or milk substitute, such as soy or almond milk • Boxed processed cheese 	<ul style="list-style-type: none"> • Bottled water – enough for drinking and brushing your teeth • Manual can opener • Disposable plates, cups, utensils and napkins

May said some fresh produce that can last several days on the counter includes bananas, apples, citrus such as oranges and satsumas, avocados, tomatoes, cucumbers and squash. Find out which produce lasts longest at this website: <https://bit.ly/producelasts>.

“If you have an infant or toddler, be sure you have enough formula and jarred foods for three days. Also, make sure you have enough pet food on hand,” she said.



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