

Hurricane Preparedness Food Box Shopping List

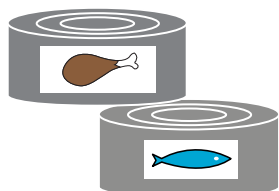
With hurricane season upon us, Houston Food Bank's Nutrition Education Department has compiled a list of nutritious non-perishable foods and supplies for your emergency supply kit.

Make sure to store at least a **three day supply of non-perishable foods and water**. Include a selection of the following foods, and don't forget to include a manual can opener!

PROTEIN

- Canned meat packed in water

- Tuna
- Chicken
- Salmon
- Turkey



- Nut/Seed Butter

- Peanut butter
- Almond butter
- Sunflower seed butter



- Low-sodium or no salt added lentils



- Jerky



- Low-sodium canned soup

- Chicken noodle
- Minestrone
- Vegetable
- Tomato
- Lentil

- Unsalted nuts and seeds

- Almonds
- Walnuts
- Peanuts
- Pistachios
- Cashews
- Sunflower seeds



What's low sodium?

Low-sodium = 140 mg of sodium or less per serving

Low-sodium foods are heart healthy and help regulate blood pressure

FRUITS

- Canned fruits in water or 100% fruit juice

- Unsweetened applesauce

- Dried fruits, no sugar added

- Raisins
- Prunes
- Apricots

- Fresh whole apples



VEGETABLES

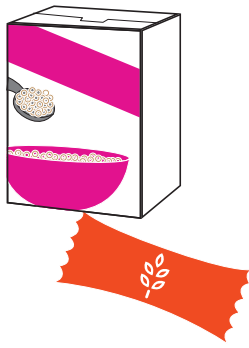
- Low-sodium or no salt added canned vegetables

- Corn
- Green beans
- Carrots
- Green Peas
- Spinach
- Potatoes
- Beets
- Mixed vegetables



GRAINS

- Oats
- Whole grain crackers
- Whole grain cereal
- Rice cakes



Why Whole Grain?

Whole grain foods contain fiber, which helps you feel full longer and promotes regularity

The word “whole” should be listed first in the ingredient list

Look for: whole grain flour, whole wheat or 100% whole grain

DAIRY

- Shelf stable low-fat milk
- Non-fat dry milk
- Shelf stable milk alternative
 - Soy milk
 - Almond milk
 - Rice milk



Did You Know?

Cow's milk contains 8 grams of protein per 8 fl oz serving
Soy milk* contains 7 grams of protein per 8 fl oz serving
Almond milk contains <1 gram of protein per 8 fl oz serving
Rice milk contains 0 grams of protein per 8 fl oz serving

*Soy milk is closest in protein to cow's milk than any of the other milk alternatives

SNACKS

- Trail mix, fruit and nut varieties
- Low-fat pudding

And don't forget WATER!



NON-FOOD ITEMS

- First Aid Kit
- Personal hygiene items
- Non-Prescription drugs such as: aspirin or non-aspirin pain reliever
- Battery-operated radio and extra batteries
- Flashlight and extra batteries



FOR BABIES

- Formula
- Diapers
- Bottles
- Powdered milk
- Medications

FOR ADULTS

- Prescription Drugs
- Denture Needs
- Extra eye glasses
- Powdered milk
- Medications

FOR PETS

- Secure Identification tag on collar
- Pet carrier
- Extra pet food
- Pack a week's worth of litter for cats
- Medications