

Disasters can occur at any time and place. Being prepared is your best defense. The following are recommendations from the Louisiana Dietetic Association media team to help:

Travel food items and non-perishables

- ✓ granola bars/protein bars (South Beach, Fiber One, Clif Kids Bars, Kashi)
- ✓ nuts
- ✓ peanut butter or almond butter
- ✓ whole grain crackers
- ✓ whole wheat bread or tortillas
- ✓ fresh fruit
- ✓ trail mix (homemade: 1 cup Kashi Go Lean Crunch, ¼ c raisins, 2 T chocolate chips, 1 oz nuts)
- ✓ 100 calorie packs
- ✓ Chex mix
- ✓ Shakes (these do not necessarily need refrigeration – Slim Fast Optima or Myoplex carb sense shake)
- ✓ Ready-to-eat soups/stews
- ✓ Gatorade
- ✓ water (for pets too)
- ✓ V-8
- ✓ Juicy Juice
- ✓ Light Capri Sun
- ✓ plastic utensils
- ✓ napkins
- ✓ pouches of tuna and salmon
- ✓ clean can opener
- ✓ hand sanitizer

Non-perishables for diabetics:

- ✓ Diabetes medications
- ✓ peppermints to treat lows
- ✓ alcohol pads
- ✓ empty laundry detergent bottle to discard insulin needles
- ✓ glucose testing strips/meter
- ✓ sanitizing wipes

Food safety during power outages:

- ✓ Most refrigerators will keep foods at safe temps for minimum 4-6 hrs; freezers ~2 days depending on how full/packed. The key is to keep the door closed.