

WELLNESS



UNIVERSITY OF ILLINOIS
EXTENSION

College of Agricultural, Consumer and Environmental Sciences

WAYS

Ideas For Eating Better For Less November 2009

Be Prepared for Emergencies

Be ready if any one of these events becomes an emergency situation:

- Floods
- Tornadoes
- Severe thunderstorms
- Flu pandemics
- Winter Storms (ice and/or snow)
- Extreme temperatures (heat or cold)

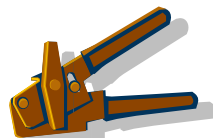


Have a Plan!

- ◆ Have a list of names (family, doctor, school, etc.) and phone numbers of individuals to contact if you need assistance during an emergency.
- ◆ Share your plan for an emergency that causes you to miss work or your children to stay home from school with your family, relatives and friends.

Emergency Supply Kit

- ◆ Water
- ◆ Food
- ◆ First aid kit
- ◆ Can opener
- ◆ Hand sanitizer
- ◆ Battery operated radio



Store **at least** a 3-day supply and consider storing a 2-week supply of food and water for you and your family. One gallon of water per person per day is recommended for drinking and cleanliness.

- ◆ Flashlight and extra batteries
- ◆ Tissues and toilet paper

Your emergency kit should contain other items specific for your family's situation like disposable diapers if you have a baby or medications you take daily.

Easy Baked Beans Casserole Serves 8

2 cans (15 oz.) baked beans
1 tablespoon molasses or brown sugar
1/2 teaspoon chili powder
12 oz. canned ham lunchmeat, cubed

1. In a medium skillet add baked beans, molasses and chili powder.
2. Cook on medium-high heat about 5 minutes or until heated through.
3. Add ham cubes. Cook an additional 5 minutes or until mixture is heated through.
4. Refrigerate leftovers.

NUTRITION FACTS (per serving) - Calories 260 ~ fat 12 g ~ calories from fat 110 ~ sodium 650 mg ~ total carbohydrate 27 g ~ fiber 5 g

Easy Tuna Mac & Cheese Serves 4

1 pkg. macaroni & cheese dinner 1 tablespoon instant minced onion
1 can (15 oz.) peas or mixed 1 can (6 oz.) tuna, drained, flaked
vegetables, drained

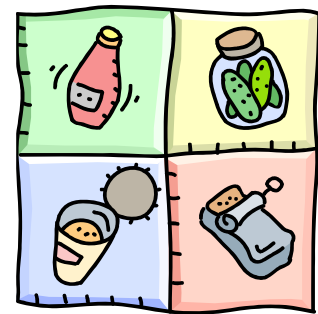
1. Prepare macaroni & cheese dinner as directed on package in a large sauce pan.
2. Add peas, onion and tuna to macaroni & cheese. Stir gently to mix.
3. Cook over medium heat until heated through (do not boil), stirring occasionally.
4. Refrigerate leftovers.

NUTRITION FACTS (per serving) - Calories 350 - fat 7 g - calories from fat 65 - sodium 1130 mg - total carbohydrate 45 g - fiber 5 g

Store Food for Emergencies

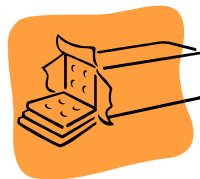
Store foods that do not need refrigeration
in a cool, dry area.

Replace stored foods items regularly
with newly purchased food items.



Within 6 months, use:

- Crackers
- Dried fruit
- Boxed potatoes
- Powdered milk



Within one year, use:

- Ready-to-eat cereal
- Canned juices
- Peanut butter, canned nuts
- Ready-to-eat canned meat, fruit, vegetables, beans and soups.

***Check expiration dates on baby food jars stored for emergencies.**



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NUTRITION EDUCATION PROGRAMS

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