

Mission:

To protect, promote & improve the health of all people in Florida through integrated state, county & community efforts.



Rick Scott
Governor

John H. Armstrong, MD, FACS
State Surgeon General & Secretary

Vision: To be the **Healthiest State** in the Nation

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FLORIDA DEPARTMENT OF HEALTH OFFERS TOOLS FOR HEALTHY EMERGENCY PREPAREDNESS

TALLAHASSEE—The Florida Department of Health is encouraging Floridians to keep health in mind when preparing for the 2015 hurricane season and other emergencies through the Healthy Emergency Food project.

“It can be difficult to make healthy choices during emergency situations,” said State Surgeon General and Secretary of Health Dr. John Armstrong. “The materials provided by this educational campaign make it easier for Floridians to choose healthier items ahead of time to include in their emergency food supply.”

The Healthy Emergency Food educational campaign includes the following tools to help individuals and communities make a plan for healthy food ahead of an emergency:

- A planning [checklist](#) that includes examples of healthier items that can be included in an emergency supply kit. An [alternate version](#) for people with diabetes is also available.
- A downloadable poster, which can be displayed in clinic, community, faith based or other settings.
- “Emergency Foods” Video [Public Service Announcement](#).

Healthier food choices are only one aspect of being prepared for emergencies. Make sure you and your family have a plan for all types of emergencies. For more information about creating an individual or family emergency plan and supply kit get your copy of the department’s [Florida Emergency Preparedness Guide](#). This guide is available in English, Spanish, Creole and large print.

To learn more about how to keep your food safe during emergencies, visit the U.S. Department of Agriculture Food Safety and Inspection Service [website](#).

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Healthiest Weight Florida is a public-private collaboration bringing together state agencies, not-for-profit organizations, businesses and entire communities to help Florida's children and adults make consistent, informed choices about healthy eating and active living. To learn more about Healthiest Weight Florida, please visit www.HealthiestWeightFL.com.

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Florida Department of Health

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