

Eating Right During a Disaster

What to eat when an emergency strikes

Day One:

Breakfast:

Whole Wheat Tortilla with
Almond Butter,
Granola, and Banana

Lunch:

Garbanzo Bean Gazpacho
Balsamic Pineapple Chicken
Sandwich

Dinner:

Southwestern Wrap
Mango Tango Salad

Dessert:

Sweet and Spicy Snack Mix

Day Two:

Breakfast:

Pear and Pecan Chutney on
English Muffin
Coconut Oatmeal Energy Bites

Lunch:

Caribbean Red Beans &
Brown Rice, Citrus Salad

Dinner:

Barbeque Chicken Pizza on
English Muffin
Rice and Bean Salad

Dessert:

Granola with Dried Apple
Slices and Raisins

Day Three:

Breakfast:

Apple Sandwiches
Cinnamon Raw Oats

Lunch:

Chicken Caesar Pita
Beet Walnut Salad

Dinner:

Southeast Asian Salmon
Sandwich
Edamame & Summer Bean Salad

Dessert:

Raspberry Jam on Angel Food
Cake

Snacks: Dry cereal, granola, energy bars, pretzels, crackers, nut trail mix, fresh fruits (apples, oranges), canned fruits (peaches, pears), fresh vegetables (broccoli, cauliflower)