

Florida Department of Health Preparedness Guide

English



Spanish



Creole



For more information on how you and your family can prepare for all hazards, get your copy of the Florida Department of Health Preparedness Guide at <http://www.floridahealth.gov/preparedness-and-response/prepare-yourself/current-hazards/hurricane-info.html>



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www.FloridaHealth.gov

Suggested Healthy Emergency Food



Florida Department of Health

Consider the following things when putting together your emergency food supplies:

- ✓ Ready-to-eat canned meats, fruits, vegetables and a can opener (choose low sodium vegetables and meats such as tuna, salmon, or chicken breast and fruits packed in original juice or light syrup)
- ✓ Protein or fruit bars (choose bars with 12 grams or less of sugar)
- ✓ Dry cereal or granola (select those with 12 grams or less of sugar)
- ✓ Dried fruit, nuts, and trail mix
- ✓ Vitamins (multivitamins)
- ✓ Peanut butter (or other nut butters such as almond or sunflower butters)
- ✓ Crackers (choose whole grain products)
- ✓ Sports drinks (look for lower sugar content)
- ✓ Canned juices (look for 100% fruit juice)
- ✓ Non-perishable pasteurized milk (Ultra High Temperature – UHT milk – select low-fat or fat free)
- ✓ High energy foods (such as whole grain, high fiber pre-packaged foods)
- ✓ Food for infants (include a variety of ready-to-eat infant foods and milk-based and soy based infant formulas)
- ✓ Comfort/stress foods (such as cashews or dark chocolate)



Please consult your Physician/Clinician for special dietary needs