Emergency Food Supply

Emergency food supplies should include enough food and water for 3 days per person. During times of disaster, you can still eat according to the Food Guide Pyramid. By consuming a diet of food from all the food groups you will be able to remain healthy and strong. See below for a suggested grocery list. This list is per person, increase as needed for your household. If you don't like a suggested food, simply substitute it for another in the same food group.

BREAD GROUP:

Dry Cereal—1 box (8-12 oz) ready to eat
Crackers—1 box (8oz or larger)
Granola/Breakfast Bars—2 bars

FRUIT GROUP:

Boxed 100% Juice—1 Six pack any flavor
Applesauce—1 (4 pack) single containers
Mixed Fruit—1 (4-6 pack) single containers
Raisins—2 small boxes

VEGETABLE GROUP:

Tomato or Vegetable Juice—2 cans (6 oz)
Green Beans—1 can (8 oz)
Mixed Vegetables—1 can (8.5 oz)
Stewed Tomatoes—1 can (8 oz)
Corn—1 can (8 oz)

MILK GROUP:

Non-fat Dried Milk—1 box (3 qts) OR
Shelf Stable boxed milk—6 boxes (8oz)
Processed Cheese Spread—1 box (8.75 oz)

MEAT, CHICKEN, DRY BEANS, FISH, EGGS, NUTS GROUP:

Tuna—1 can (3.25 oz)
Chicken—1 can (2 oz)
Chili with beans—1 can (10 oz)
Peanut Butter—1 jar (12 oz)
Pork and Beans—1 can (8 oz)
Beef Stew—1 single serve container
Peanuts or Other Nuts—1 jar or package

OTHER:

Pudding—1 (4 pack) single serve containers
Instant Coffee/Tea—1 jar or small box

WATER:

1 Gallon **PER DAY** for drinking and cooking.

2 Gallons **PER DAY** for washing, etc.

Don't forget baby food, pet food and special dietary requirements.

Store emergency food:

Separately form other foods.
Away from moisture and heat
Safe from insects, rodents and possible floods.

BE PREPARED!

Once a disaster occurs, **DO NOT** start eating your 3-day emergency food supply.

FIRST—Eat your fresh food such as fruits, vegetables, bread, etc. Also, eat food from the refrigerator if it is 40 degrees or cooler.

SECOND—Eat your frozen food.

THIRD—Use your canned goods and emergency food

3 Day Sample Menu

DAY 1

Breakfast: Cold Cereal, Milk, Juice, Coffee or Tea

Lunch: Peanut Butter, Bread, Applesauce, Tomato Juice

Dinner: Canned Chili, Corn, Crackers, Milk

Snacks: Pudding, Peanuts/ Nuts, Juice OR Fruit

DAY 2

Breakfast: Toast, Peanut Butter, juice, Coffee or Tea

Lunch: Tuna, Bread, Canned Mix Fruit, Vegetable Juice

Dinner: Canned Beef Stew, Green Beans, Crackers, Pudding, Milk

Snacks: Pudding, Peanuts/ Nuts, Juice OR Fruit

DAY 3

Breakfast: Cold Cereal, Milk, Juice, Coffee or Tea

Lunch: Cheese, Crackers, Pork and Beans, Mixed Vegetables, Mixed Fruit, Juice

Dinner: Canned Chicken, Crackers, Canned Stewed Tomatoes, Applesauce, Milk

Snacks: Pudding, Peanuts/ Nuts, Juice OR Fruit

PROVIDED BY CITRUS COUNTY DEPARTMENT OF HEALTH, NUTRITION SERVICES

Inside Story Headline

Caption describing picture or graphic.

This story can fit 150-200 words.

One benefit of using your newsletter as a promotional tool is that you can reuse content from other marketing materials, such as press releases, market studies, and reports.

While your main goal of distributing a newsletter might be to sell your product or service, the key to a successful newsletter is making it useful to your readers.

A great way to add useful content to your newsletter is to develop and write your own articles, or include a calendar of upcoming events or a special offer that promotes a new product.

You can also research articles or find "filler" articles by accessing the World Wide Web. You can write about a variety of topics but try to keep your articles short.

Much of the content you put in your newsletter can also be used for your Web site. Microsoft Publisher offers a simple way to convert your newsletter to a Web publication. So, when you're finished writing your newsletter, convert it to a Web site and post it.

Inside Story Headline

"To catch the reader's attention, place an interesting sentence or quote from the story here."

This story can fit 100-150 words.

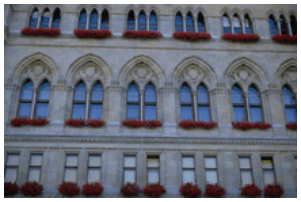
The subject matter that appears in newsletters is virtually endless. You can include stories that focus on current technologies or innovations in your field.

You may also want to note business or economic trends, or make predictions for your customers or clients.

If the newsletter is distributed internally, you might comment upon new procedures or improvements to the business. Sales figures or earnings will show how your business is growing.

Some newsletters include a column that is updated every issue, for instance, an advice column, a book review, a letter from the president, or an editorial. You can also profile new employees or top customers or vendors.

Inside Story Headline



Caption describing picture or graphic.

This story can fit 75-125 words.

Selecting pictures or graphics is an important part of adding content to your newsletter.

Think about your article and ask yourself if the picture supports or enhances the message you're trying to convey. Avoid selecting images that appear to be out of context.

Microsoft Publisher includes thousands of clip art images from which you can choose and import into your newsletter. There are also several tools you can use to draw shapes and symbols.

Once you have chosen an image, place it close to the article. Be sure to place the caption of the image near the image.

Inside Story Headline

This story can fit 150-200 words.

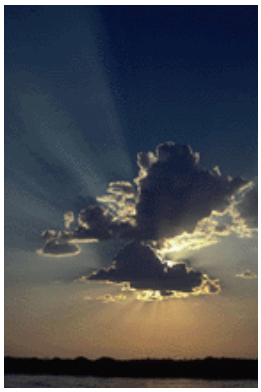
One benefit of using your newsletter as a promotional tool is that you can reuse content from other marketing materials, such as press releases, market studies, and reports.

While your main goal of distributing a newsletter might be to sell your product or service, the key to a successful newsletter is making it useful to your readers.

A great way to add useful content to your newsletter is to develop and write your own articles, or include a calendar of upcoming events or a special offer that promotes a new product.

You can also research articles or find "filler" articles by accessing the World Wide Web. You can write about a variety of topics but try to keep your articles short.

Much of the content you put in your newsletter can also be used for your Web site. Microsoft Publisher offers a simple way to convert your newsletter to a Web publication. So, when you're finished writing your newsletter, convert it to a Web site and post it.



Caption describing picture or graphic.

Inside Story Headline

This story can fit 100-150 words.

The subject matter that appears in newsletters is virtually endless. You can include stories that focus on current technologies or innovations in your field.

You may also want to note business or economic trends, or make predictions for your customers or clients.

If the newsletter is distributed internally, you might comment upon new procedures or improvements to the business. Sales figures or earnings will show how your business is growing.

Some newsletters include a column that is updated every issue, for instance, an advice column, a book review, a letter from the president, or an editorial. You can also profile new employees or top customers or vendors.

"To catch the reader's attention, place an interesting sentence or quote from the story here."

Inside Story Headline

This story can fit 75-125 words.

Selecting pictures or graphics is an important part of adding content to your newsletter.

Think about your article and ask yourself if the picture supports or enhances the message you're trying to convey. Avoid selecting images that appear to be out of context.

Microsoft Publisher includes thousands of clip art images from which you can choose and import into your newsletter. There are also several tools you can use to draw shapes and symbols.

Once you have chosen an image, place it close to the article. Be sure to place the caption of the image near the image.

Caption describing picture or graphic.

Citrus County Health Dept.

Primary Business Address
Your Address Line 2
Your Address Line 3
Your Address Line 4

Phone: 555-555-5555
Fax: 555-555-5555
E-mail: someone@example.com

We're on the Web!
example.microsoft.com

Your business tag line here.

Organization

This would be a good place to insert a short paragraph about your organization. It might include the purpose of the organization, its mission, founding date, and a brief history. You could also include a brief list of the types of products, services, or programs your organization offers, the geographic area covered (for example, western U.S. or European markets), and a profile of the types of customers or members served.

It would also be useful to include a contact name for readers who want more information about the organization.

Back Page Story Headline

Caption describing picture or graphic.

This story can fit 175-225 words.

If your newsletter is folded and mailed, this story will appear on the back. So, it's a good idea to make it easy to read at a glance.

A question and answer session is a good way to quickly capture the attention of readers. You can either compile questions that you've received since the last edition or you can summarize some generic questions that are frequently asked about your organization.

A listing of names and titles of managers in your organization is a good way to give your newsletter a personal touch. If your organization is small, you may want to list the names of all employees.

If you have any prices of standard products or services, you can include a listing of those here. You may want to refer your readers to any other forms of communication that you've created for your organization.

You can also use this space to remind readers to mark their calendars for a regular event, such as a breakfast meeting for vendors every third Tuesday of the month, or a biannual charity auction.

If space is available, this is a good place to insert a clip art image or some other graphic.