#PrepOnABudget Week 2 (September 8-14): Nutrition

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Nutrition – Following a disaster, there may be extended power outages that could last for several days. Stock canned foods, dry mixes and other staples that do not require refrigeration, cooking, water, or special preparation. Be sure to include a manual can opener and eating utensils in your disaster supplies kit.

Try to store at least a 3-5 day supply of non-perishable food. Choose foods that your family will eat. Remember any special dietary needs, and avoid foods that will make you thirsty.

Click here for additional information on emergency food supplies, food safety, and sanitation.

Suggested items available for about $1 each:

- Canned Food, Nonperishable Snacks
- Bottled Water
- Trash Bags
- Paper Products (Paper Plates, Paper Towels, Napkins, Plastic Utensils)
- Spices
- Vitamins / Medications
- $5+ Camping Stove

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