



If you have a health condition such as diabetes, make sure you have the correct foods in your

Disaster Menu Planning

SARPY/CASS
Health Department

Even in a disaster, you should try to balance your meals! Eating a variety of foods will help

Protein

- Nuts
- Peanut Butter (or other nut butter)
- Dried meat jerky
- Dried beans (must cook with water to eat!)
- Canned meats (tuna, salmon, etc.)

Fruits & Vegetables

- Dried fruit (raisins, apricots, etc.)
- Canned fruits & vegetables (don't forget a manual can opener!)
- Canned soups, which may contain meat, as well

Grains

- Pancake mix [and syrup!]
- Cereals [Shredded Wheat, etc.]
- Flours and oatmeal
- Potato Flakes and potato flour
- Flour and cornmeal
- Popcorn
- Crackers and cookies
- Rice
- Dried pastas

Dairy

- Powdered or canned milk
- Whey powder
- Eggs and powdered eggs
- Cheese encased in wax

Vitamins & Minerals

- Calcium and Vitamin D supplement
- Vitamin C
- Zinc
- B Vitamins

NOTE:

All of these items will need to be rotated to keep them fresh. Every month, make a meal or two with your emergency supplies. Then the next time you go to the store, replace the emergency with newly purchased items.

Others

- Instant coffee, tea or powder
- Bouillon Cubes
- Salt, pepper and other spices
- Oils (coconut oil, lard, olive oil)
- Jams & Jellies
- Honey & sugar
- Apple cider vinegar
- Dry yeast

Please Contact Brittney Hensley at Sarpy/Cass Health Department for more information:

(Office #)402-537-6972 bhensley@sarpycasshealth.com