

Food for Emergencies- Pandemic Flu

Pandemic flu

Most public health officials believe there are signs that a new flu virus will appear in humans world-wide. No one will have had this disease before and, thus, your body will not be able to defend itself right away. This is called a pandemic flu and could result in many deaths. When might this pandemic flu occur? No one really knows. Is it too early to prepare? Ask that question to victims of Hurricane Katrina. They are likely to say that it is never too early to be ready for the “big one.”

Why do you need to store food?

If the pandemic flu effects the transportation, public utilities, and health care systems or if you cannot get to the store due to illness, you will need to have food and drink available. People can live on less food but they cannot live on less fluid, particularly if they have a fever.

How much food should you store?

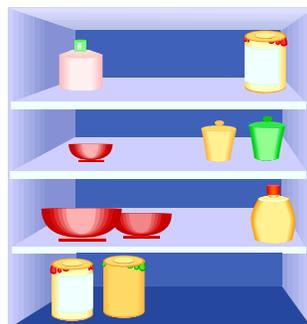
In the worst case, public utilities and transportation of food will be disturbed. Each family needs to store at least a one-week supply of food that does not need to be prepared, kept cold, or heated. In a less severe situation, when public utilities are fine but community food supplies are disturbed, or when you cannot leave the house, it is okay to eat foods that need to be prepared using heat or that may require being kept cold.

You do not need to buy foods just for the purpose of emergencies. Look at the food you normally eat. You will find many items that don't need special storage and can be eaten without heat or being prepared. Keep a one-week supply of such foods. Be sure to use your food at least every six months. As you eat the food, replace it.

Don't forget the refrigerator

If the electricity is going to be out for more than a couple of hours, remember what you have in your refrigerator. Many of these food items can be eaten without heating. Decide what foods you want to eat. When you are ready to eat, quickly remove these items. As long as you can keep the food cold (40° F), it is safe to eat.

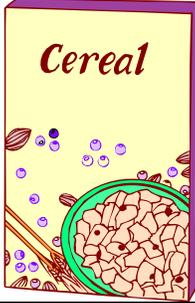
If your emergency occurs when it is cold outside (40° F or colder), the great outdoors can be used as a makeshift cooler. Protect your food from small critters in search of food. Large plastic storage containers should work well. If bears or other large animals live near you, store food only in cold garages and cold, closed-in porches.



Creative meals

Don't think that you have to create the same type of meals you are accustomed to. You just need enough food so that you and your family are not hungry in an emergency. The following are creative meal ideas that you might not have thought about.

Breakfast Ideas

<u>Breakfast Options, per person</u>	<u>Recipe</u>	<u>Shopping list for 4 people</u>
1 ¼ cup ready-to-eat cereal 1 cup reconstituted milk ¾ cup fruit juice (grape)		1 10-ounce box cereal 1 box dry milk that makes 8 quarts (use amount for 1 quart plus bottled water) 24 ounces juice 4 gallons water per day
1 cup pudding parfait ¾ cup fruit juice (apple)	~ Pudding parfait: layer 1/2 cup pudding and 1/2 cup cereal; top with dried fruit and nuts	1 16-ounce can pudding 10-ounce box cereal (1/2 for breakfast, 1/2 for evening snack) 2 ounces almonds or other nuts 2 ounces raisins 24 ounces fruit juice 4 gallons water per day
Granola/cereal bar ¾ cup fruit juice 1 cup reconstituted milk		4 granola or cereal bars 24 ounces fruit juice Use dry milk from above 4 gallons water per day

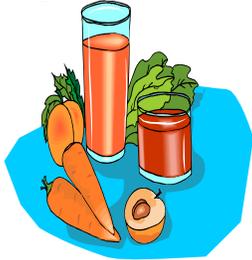
Other Ideas

<u>Snack options</u>	<u>Other possible items to have on hand</u>
Rice cakes, graham crackers, pudding, plain ice cream cones, granola, and/or fruit bars 	Jam, sugar, honey, chocolate (syrup, powder), canned pasta, Spanish rice, plain cookies, plain ice cream cones, rice cakes, graham crackers, salsa, dried fruit, evaporated milk, sweetened condensed milk, breakfast shakes, dried egg whites, nut butters, canned meats (pork, ham, chicken, mackerel, sardines, salmon, corned beef), freezer pops, graham, and other crackers.

Lunch Ideas

<u>Lunch options per person</u>	<u>Recipe</u>	<u>Shopping list for 4 people</u>
<p>Peanut butter on crackers (8 crackers, 4 tablespoons peanut butter) ½ cup canned fruit (peaches) ½ cup pudding Nuts and raisins Bottled water</p>		<p>1 18-ounce jar peanut butter Crackers 1 16-ounce can pudding 1 16-ounce can peaches Bottled water 4 ounces nuts (your choice) 8 ounces raisins</p>
<p>3 ounces tuna salad on 8 crackers 1 cup gazpacho ½ cup pineapple in juice 1 cup chocolate milk Bottled water</p>	<p>~ Tuna salad: mix 3 ounces of tuna with 2 teaspoons mayonnaise ~ Gazpacho: 1 can stewed tomatoes, 2 cups tomato or vegetable juice, dried minced onion, and parsley ~ Chocolate milk: reconstituted milk and chocolate powder or syrup</p>	<p>2 6-ounce cans tuna in water 1 8-ounce jar mayonnaise (use ¼ cup or single-serve packets) 1 10-ounce box crackers (use half) 1 16-ounce can stewed tomatoes 1 46-ounce can tomato or vegetable juice (use 16 ounces) 1 8-ounce bottle chocolate syrup (use 1 ounce)</p>
<p>6-8 peanut butter rolls 1 cup ready-to-serve vegetable soup, unheated 2 crackers ½ cup pudding Bottled water</p>	<p>~ Peanut butter rolls: mix equal parts peanut butter and dry milk; sweeten with honey or jam</p> 	<p>1 18-ounce jar peanut butter Dry milk 2 16-ounce cans ready-to-serve vegetable soup Crackers 1 16-ounce can pudding Bottled water Honey or jam</p>

Supper Ideas

Supper options per person	Recipe	Shopping list for 4 people
Salmon potato salad ½ cup fruit in juice ¾ cup vegetable juice (tomato) Bottled water	~ Salmon potato salad: mix 1 can of salmon, 1 can diced potatoes, 1 chopped onion (optional), and 4 tablespoons mayonnaise	1 16-ounce can salmon 1 16-ounce can potatoes 1 onion Use mayonnaise from above 1 16-ounce can fruit 24 ounces vegetable juice
2 bean burritos ¾ cup Mexican salad ½ cup applesauce ½ cup fruit juice Bottled water 	~ Bean burritos: 2 tortillas, ¼ cup refried beans, ¼ cup kidney beans, ¼ cup salsa, 2 tablespoons Parmesan cheese ~ Mexican salad: equal parts drained corn, salsa, and drained black or red beans	1 package tortillas 1 16-ounce can refried beans 1 16-ounce can kidney beans 1 16-ounce can black beans 1 16-ounce jar salsa 1 16-ounce can corn 4-ounce can Parmesan cheese 1 16-ounce can applesauce 16 ounces fruit juice
3 ounces canned corned beef ½ cup vegetarian baked beans ½ cup mixed vegetable salad 8 crackers/processed cheese ½ cup canned fruit ¾ cup vegetable juice Bottled water	~ Mixed vegetable salad: canned mixed vegetables and bottled low-fat Italian dressing 	1 12-ounce can corned beef 1 16-ounce can vegetarian baked beans 1 16-ounce can mixed vegetables 1 8-ounce bottle low-fat Italian dressing Pressurized can Cheez Whiz™ 1 16-ounce can fruit 1 16-ounce box crackers 24 ounces fruit juice

Don't forget the following:

- Canned or jarred baby food and formula for at least one week
- Pet food for at least one week
- Seven gallons of water per person – this is enough to last one week

Adapted for use in Kentucky with permission from Eating Nutritiously When the Lights are Out, Sharon Coplin, M.S., R.D., L.D. Extension Associate, Food and Nutrition, Department of Human Nutrition, Lydia C. Medeiros, Ph.D., R.D., L.D., Associate Professor and Extension Specialist, Food and Nutrition, Department of Human Nutrition, The Ohio State University.

Janet Kurzynske, Ph.D., R.D., Extension Specialist for Nutrition

May 2006

Copyright © 2006 for materials developed by the University of Kentucky Cooperative Extension Service. This publication may be reproduced in portions or their entirety for educational or nonprofit purposes only. Permitted users shall give credit to the author(s) and include this copyright notice. Publications are also available on the World Wide Web at www.ca.uky.edu.

Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin.