With hurricane season upon us, Houston Food Bank’s Nutrition Education Department has compiled a list of nutritious non-perishable foods and supplies for your emergency supply kit. Make sure to store at least a three day supply of non-perishable foods and water. Include a selection of the following foods:

**PROTEIN**
- Canned meat packed in water
  - Tuna
  - Chicken
  - Salmon
  - Turkey
- Nut/Seed Butter
  - Peanut butter
  - Almond butter
  - Sunflower seed butter
- Low-sodium or no salt added canned beans and lentils
- Low-sodium jerky

**FRUITS**
- Canned fruits in water or 100% fruit juice
- Unsweetened applesauce
- Dried fruits, no sugar added
  - Raisins
  - Prunes
  - Apricots
- Fresh whole apples

**VEGETABLES**
- Low-sodium or no salt added canned vegetables
  - Corn
  - Green beans
  - Carrots
  - Green Peas
  - Spinach
  - Potatoes
  - Beets
  - Mixed vegetables

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**Hurricane Preparedness Food Box Shopping List**

*This institution is an equal opportunity provider.*
SNACKS
- Trail mix, fruit and nut varieties
- Low-fat pudding
- Granola bars

And don’t forget WATER!
1 gallon per person per day, for drinking and sanitation

DAIRY
- Shelf stable low-fat milk
- Non-fat dry milk
- Shelf stable milk alternative
  - Soy milk
  - Almond milk
  - Rice milk

GRAINS
- Oats
- Whole grain crackers
- Whole grain cereal
- Rice cakes

Why Whole Grain?
Whole grain foods contain fiber, which helps you feel full longer and promotes regularity.
The word “whole” should be listed first in the ingredient list.
Look for: whole grain flour, whole wheat or 100% whole grain.

Did You Know?
Cow's milk contains 8 grams of protein per 8 fl oz serving.
Soy milk* contains 7 grams of protein per 8 fl oz serving.
Almond milk contains <1 gram of protein per 8 fl oz serving.
Rice milk contains 0 grams of protein per 8 fl oz serving.
*Soy milk is closest in protein to cow’s milk than any of the other milk alternatives.

NON-FOOD ITEMS
- First Aid Kit
- Personal hygiene items
- Non-Prescription drugs such as: aspirin or non-aspirin pain reliever
- Battery-operated radio and extra batteries
- Flashlight and extra batteries
- Hand sanitizer and moist wipes for sanitation
- Extra battery or charger for cell phone
- Manual can opener

FOR BABIES
- Formula
- Diapers
- Bottles
- Powdered milk
- Medications

FOR ADULTS
- Prescription Drugs
- Denture Needs
- Extra eye glasses
- Powdered milk
- Medications

FOR PETS
- Secure Identification tag on collar
- Pet carrier
- Extra pet food
- Pack a week’s worth of litter for cats
- Medications

Visit www.houstonfoodbank.org for more information.
A gift of $1 helps provide 3 meals.