



Disaster **readiness - response - recovery**

For immediate release

Before disaster strikes, stock up on no-cook foods

When it looks like a natural disaster may be headed your way, consider stocking up on foods that require no cooking so you'll have something to eat if the power goes out.

Here's a list, prepared by North Carolina Cooperative Extension, of items to consider:

- canned fruit and juice
- ready-to-eat cereals or breakfast bars
- fresh whole fruit and vegetables
- bread, crackers and cookies
- peanut butter
- nuts and seeds
- dried fruit
- hard candy
- granola bars
- beef jerky

These foods require refrigeration after they are prepared or opened, so you will need to eat them in one sitting if your power is out:

- canned, evaporated or reconstituted powdered milk
- processed cheese or cheese spreads
- canned vegetables, beans, and fruit
- canned meats, fish and poultry
- canned puddings
- cut fresh fruits
- cut vegetables

If you like coffee, tea or cocoa, consider buying instant versions if you think your tap water will be hot enough to prepare them.

For more information, contact your county Cooperative Extension center or visit the Web site <http://www.ces.ncsu.edu/disaster>.

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