

The following items can be purchased in advance and safely stored to provide 2 days worth of nutritionally balanced meals. These items will enable you to eat healthfully even if you are temporarily housebound and have no cooking facilities.

SUGGESTED MENUS

MENU 1

Breakfast
 Apple juice
 Processed cheese food on whole wheat crackers
 Shredded wheat cereal
 Fruit cocktail
 Powdered or ultra-pasteurized milk

Lunch
 Grape juice
 Tuna/mayo package
 Green beans
 Carrots
 Sliced peaches
 Whole wheat crackers
 Powdered or ultra-pasteurized milk

Dinner
 Cranberry juice
 Beef stew
 Beets
 Peas
 Bread sticks
 Sliced peaches
 Powdered or ultra-pasteurized milk

MENU 2

Pineapple juice
 Peanut butter on graham crackers
 Raisin bran cereal
 Apricots
 Powdered or ultra-pasteurized milk

Orange juice
 Chicken/mayo package
 Mixed vegetables
 White potatoes
 Applesauce
 Melba toast
 Powdered or ultra-pasteurized milk

Grape juice
 Macaroni & cheese
 Stewed tomatoes
 Spinach
 Whole wheat crackers
 Pear half
 Powdered or ultra-pasteurized milk

Once opened, unused portions of food should be kept cold in appropriate storage containers to prevent spoilage, and leftovers should be used within two (2) days.
 If food cannot be kept cold, throw it out.

REMINDER

Alert your local Fire Department in advance if someone in your household is bedridden or is dependent on life-sustaining equipment. Do not go near wires which have fallen down on your property and report them promptly.

This brochure is made possible with funding from Nassau County, the New York State Office for the Aging and the U.S. Administration on Aging.

EDWARD P. MANGANO
 County Executive

NASSAU COUNTY LEGISLATURE

Kevan Abrahams District 1	Howard J. Kopel District 7	Joseph V. Belesi District 14
Robert Troiano, Jr. District 2	Vincent T. Muscarella District 8	Dennis Dunne, Sr. District 15
John J. Ciotti District 3	Richard J. Nicoletto District 9	Judith A. Jacobs District 16
Denise A. Ford District 4	Judi Bosworth District 10	Rose Marie Walker District 17
Joseph K. Scannell District 5	Wayne H. Wink, Jr. District 11	Diane V. Yatauro District 18
Francis X. Becker, Jr. District 6	Peter J. Schmitt District 12	David W. Denenberg District 19
	Norma L. Gonsalves District 13	

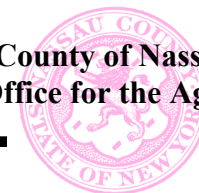
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STOCK UP FOR EMERGENCIES

Be prepared if the weather keeps you housebound or without power.



County of Nassau
 Office for the Aging



EMERGENCY FOOD SUPPLY

- Keep an adequate supply (2 to 3 days) of nonperishable food items.
- Emergency food shelf should contain a variety of food groups (see below).
- Rotate food stock every six months to guarantee a fresh, wholesome food supply.
- If outdoor temperature is 35°F. or below, use windowsills for temporary storage of perishable foods.

EMERGENCY TELEPHONE NUMBERS

- Police Department _____ 911 or _____
- Fire Department _____
- Nassau HELP-LINE _____ 227-8900
- Keyspan—Gas Emergency only 1-800-490-0045
- LIPA—Electric Emergency only 1-800-490-0075
- Nassau County Emergency Management 573-0636
- Nassau County Emergency (after 6 pm) 572-3143
- Red Cross 747-3500
- Your Doctor _____

EMERGENCY EQUIPMENT

- Flashlight with extra batteries
- First Aid kit
- Extra supply of all medications
- Radio (battery operated)
- Manual can opener
- Extra blankets
- Bottled spring water
- Matches and candles

SUGGESTED GUIDELINES FOR EMERGENCY FOOD SHELF

Food Group

Servings (and size) Per Day

When Cooking or Refrigeration Facilities are NOT Available

When Limited Cooking Facilities Are Available

Milk

2 (8 oz.)

Individual serving ultra pasteurized milk
Dry skim or evaporated milk
Canned puddings

Instant cocoa mix

Meat and Meat
Alternatives

2 (3 oz.)

Canned meat, fish or poultry
Individually wrapped processed cheese
Peanut butter

Individual serving of stews,
chunky meat or poultry soups
Canned beans

Fruits and vegetables

5 (1/2 cup)

Individual servings of fruit or vegetable
juice (Vitamin C enriched)
Individual canned fruit
Dried fruit

Individual serving cans of vegetables

Bread—Cereal
Group

6 (1 oz.) bread
or (1/2 cup) cereal

Enriched whole grain cereal (dry)
Crackers, breadsticks, rice cakes
Granola bars

Instant or quick cooking whole grain
cereals (oatmeal, cream of wheat)
Canned pasta dishes

Miscellaneous

Bottled water
Jams, jellies, sugar
Individual condiment packages
(mayonnaise, catsup, mustard)

Tea—Coffee