

# WELLNESS



UNIVERSITY OF ILLINOIS  
EXTENSION

College of Agricultural, Consumer and Environmental Sciences

# WAYS

*Ideas For Eating Better For Less . . . . November 2009*

## Be Prepared for Emergencies

Be ready if any one of these events becomes an emergency situation:

- Floods
- Tornadoes
- Severe thunderstorms
- Flu pandemics



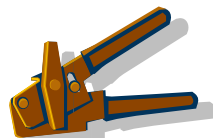
- Winter Storms (ice and/or snow)
- Extreme temperatures (heat or cold)

Have a Plan!

- ◆ Have a list of names (family, doctor, school, etc.) and phone numbers of individuals to contact if you need assistance during an emergency.
- ◆ Share your plan for an emergency that causes you to miss work or your children to stay home from school with your family, relatives and friends.

## Emergency Supply Kit

- ◆ Water
- ◆ Food
- ◆ First aid kit
- ◆ Can opener
- ◆ Hand sanitizer
- ◆ Battery operated radio



Store **at least** a 3-day supply and consider storing a 2-week supply of food and water for you and your family. One gallon of water per person per day is recommended for drinking and cleanliness.

- ◆ Flashlight and extra batteries
- ◆ Tissues and toilet paper

*Your emergency kit should contain other items specific for your family's situation like disposable diapers if you have a baby or medications you take daily.*

### Easy Baked Beans Casserole Serves 8

2 cans (15 oz.) baked beans  
1 tablespoon molasses or brown sugar  
1/2 teaspoon chili powder  
12 oz. canned ham lunchmeat, cubed

1. In a medium skillet add baked beans, molasses and chili powder.
2. Cook on medium-high heat about 5 minutes or until heated through.
3. Add ham cubes. Cook an additional 5 minutes or until mixture is heated through.
4. Refrigerate leftovers.

NUTRITION FACTS (per serving) - Calories 260 ~ fat 12 g ~ calories from fat 110 ~ sodium 650 mg ~ total carbohydrate 27 g ~ fiber 5 g

## Easy Tuna Mac & Cheese Serves 4

1 pkg. macaroni & cheese dinner      1 tablespoon instant minced onion  
1 can (15 oz.) peas or mixed      1 can (6 oz.) tuna, drained, flaked  
vegetables, drained

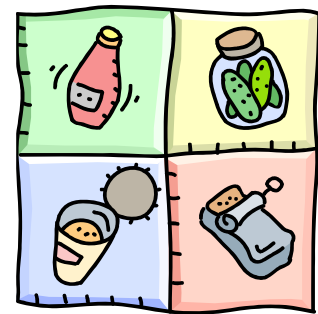
1. Prepare macaroni & cheese dinner as directed on package in a large sauce pan.
2. Add peas, onion and tuna to macaroni & cheese. Stir gently to mix.
3. Cook over medium heat until heated through (do not boil), stirring occasionally.
4. Refrigerate leftovers.

NUTRITION FACTS (per serving) - Calories 350 - fat 7 g - calories from fat 65 - sodium 1130 mg - total carbohydrate 45 g - fiber 5 g

## Store Food for Emergencies

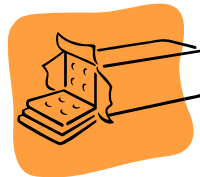
Store foods that do not need refrigeration  
in a cool, dry area.

Replace stored foods items regularly  
with newly purchased food items.



Within 6 months, use:

- Crackers
- Dried fruit
- Boxed potatoes
- Powdered milk



Within one year, use:

- Ready-to-eat cereal
- Canned juices
- Peanut butter, canned nuts
- Ready-to-eat canned meat, fruit, vegetables, beans and soups.

**\*Check expiration dates on baby food jars stored for emergencies.**



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NUTRITION EDUCATION PROGRAMS

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