

nutrition tips:

- Buy only non-perishable foods. This includes food that doesn't need to be refrigerated after opening.
- Include a variety so you don't get bored with the same foods.
- Follow your regular meal plan.
- Build up your food supply a little at a time. Each time you go to the grocery store, look for non-perishable items that are on sale.
- Include your emergency food with your regular food pantry. Don't think of an emergency food supply as something that you put in a box and store away in a closet. You can use the food; just remember to replace it. Pay attention to expiration dates.
- Choose canned vegetables without salt.
- Choose canned fruits packed in juice or water.
- Have a rapid or quick sugar source for low blood sugars such as glucose tablets, canned fruit juice, candy made with sugar, or regular soda.
- Be sure and include regular soda and juice for sipping should you get sick.



for more information, go to:

www.scdhec.gov/homeandenvironment/disasterpreparedness/
What to do during a disaster or emergency.

www.flu.gov
The US government site to know what to do about the flu.

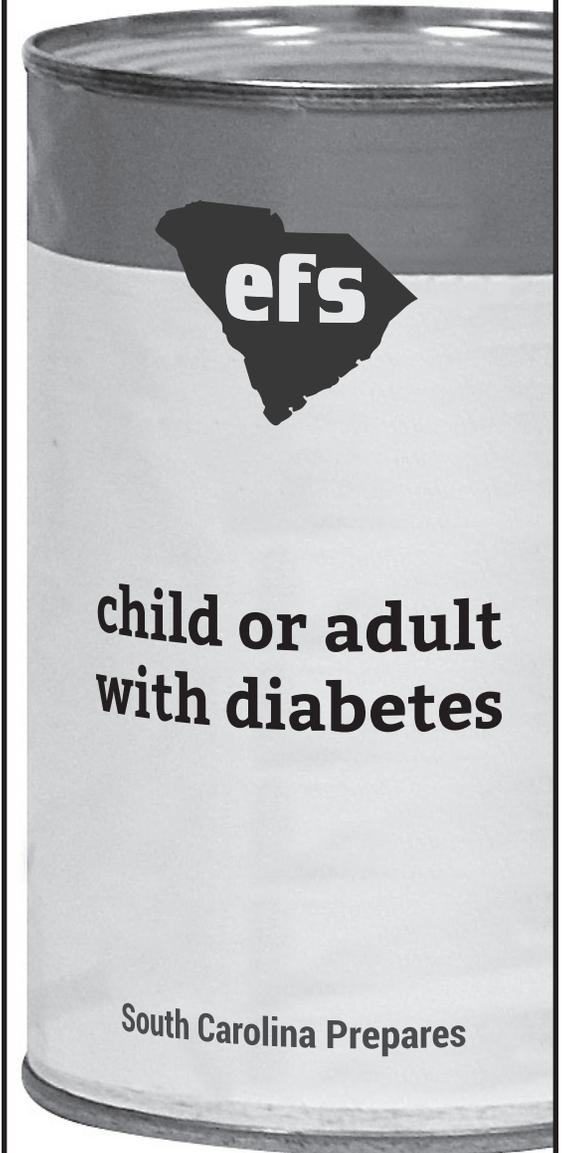
www.ready.gov
The U.S. government site for more information on what to do before, during and after an emergency.



www.scdhec.gov

ML-025319 9/14

emergency food supplies



are you prepared?

The United States Department of Health and Human Services says that each person should have a TWO-WEEK supply of non-perishable foods in case of a major flu outbreak, natural disaster, or other emergency.

During an outbreak, many workers may either be told to stay home or will stay home by choice, to avoid spreading illness. In a disaster or emergency, you may not have access to electricity or a grocery store.

This brochure gives you an idea of what **one child or adult with diabetes** would need for two weeks, in order to meet his or her food needs. You can change the list to meet your tastes.

This list can also be used to help you prepare for other emergencies such as hurricanes.



sample food supply for a child or adult with diabetes:

- 14 gallons of water
- 3 (1 lb) boxes of whole grain cereal
- 1 (10 oz) box of wheat crackers
- 1 (1 lb) box of saltine crackers
- 1 (12-pack) box of granola bars
- 1 (8-pack) box of cereal bars
- 1 (40 oz) jar of peanut butter
- 8 (3 oz) cans of tuna in water
- 4 (5 oz) cans of chicken breast in water
- 6 (8 oz) cans of corn
- 6 (8 oz) cans of sliced white potatoes
- 3 (15 oz) cans of sweet potatoes
- 3 (14 oz) cans of turnip or collard greens
- 3 (14.5 oz) cans of sliced squash
- 3 (14.5 oz) cans of cut okra
- 6 (8 oz) cans of green beans
- 6 (8 oz) cans of carrots
- 6 (4 oz) cans of chunk pineapple
- 6 (4 oz) cans of sliced peaches
- 6 (4 oz) cans of fruit cocktail
- 6 (4 oz) cans of pears
- 1 (24 oz) canister of raisins
- 1 (32 oz) box of instant nonfat dry milk



approximate cost: \$100

remember:

- You will need extra batteries for your glucometer and insulin pump, extra lancets, and test strips.
- Contact your pharmacy – ask where you can get extra testing strips, insulin and medications in an emergency.
- Be sure to monitor your blood sugar carefully. In times of stress, your blood sugar may react differently.
- Be prepared! Contact friends and family and let them know what special needs you have.
- Plan to have a way to keep insulin cool for transport in case you have to leave your home.
- Make sure you have a manual (hand) can opener.
- You will need medications for two weeks, both prescription and over-the-counter.
- To cut down on wasted food, buy items packaged in single-serving sizes, such as tuna, vegetables and fruit.

