### Disaster Menu Planning

**Sarpy/Cass Health Department**

If you have a health condition such as diabetes, make sure you have the correct foods in your

### Protein
- Nuts
- Peanut Butter (or other nut butter)
- Dried meat jerky
- Dried beans (must cook with water to eat!)
- Canned meats (tuna, salmon, etc.)

### Fruits & Vegetables
- Dried fruit (raisins, apricots, etc.)
- Canned fruits & vegetables (don't forget a manual can opener!)
- Canned soups, which may contain meat, as well

### Grains
- Pancake mix [and syrup!]
- Cereals [Shredded Wheat, etc.]
- Flours and oatmeal
- Potato Flakes and potato flour
- Flour and cornmeal
- Popcorn
- Crackers and cookies
- Rice
- Dried pastas

### Dairy
- Powdered or canned milk
- Whey powder
- Eggs and powdered eggs
- Cheese encased in wax

### Vitamins & Minerals
- Calcium and Vitamin D supplement
- Vitamin C
- Zinc
- B Vitamins

### Others
- Instant coffee, tea or powder
- Bouillon Cubes
- Salt, pepper and other spices
- Oils (coconut oil, lard, olive oil)
- Jams & Jellies
- Honey & sugar
- Apple cider vinegar
- Dry yeast

**NOTE:**
All of these items will need to be rotated to keep them fresh. Every month, make a meal or two with your emergency supplies. Then the next time you go to the store, replace the emergency with newly purchased items.

Please Contact Brittney Hensley at Sarpy/Cass Health Department for more information:

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