



# FOOD TIPS / IDEAS

No Heat Source?    Loss of Electricity?

## 1. EAT WHAT'S IN YOUR REFRIGERATOR FIRST!

### (AND THE ICE CREAM....)

- Milk and cereal aren't just for breakfast anymore.
- Granola and yogurt make a great "anytime" meal.
- Mayonnaise or salad dressing(s) can be mixed with tuna or chicken for salad.  
Add pickle relish, etc.
- Use salad dressings as a dip for fresh vegetables.
- Use fresh vegetables for salad(s) or meal enhancements.
- Use sliced meats and cheese for sandwiches.



## 2. WHAT ABOUT FREEZER FOODS?

### USE GOOD JUDGMENT!

- Ice cream is considered an essential survival food for many of us.  
It is not just for breakfast anymore.  
Ice cream is also a good source of milk protein.
- Big freezer?
  - Freeze jugs of water as giant ice cubes.
  - This will help your freezer stay colder, longer.
  - Your freezer will use less power to stay colder (before the power outage).
  - As the jugs defrosts, they become a source for water.
  - Leave your freezer closed as long as possible.  
Some foods will remain frozen as long as 3 days!
- Cook some "cold edibles" and freeze ahead.
  - Mini-meatloafs make great sandwiches.
  - Frozen grilled meats can be used for salads, meals or sandwiches.

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