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Get Ready Recipes: Stockpile meals to make during an emergency

Picture this: The power is off, your refrigerator is out and you can't use the stove. So what's for dinner? Lucky for you, you have your emergency preparedness stockpile full of healthy food. These no-cook recipes require no water (save that for drinking!) and are easily and quickly prepared. Use our shopping lists to make sure you have all the ingredients in your stockpile. (All recipes serve six.)

American Public Health Association

Don't-be-a-chicken corn and bean salad

Ingredients:

1 (16 oz) can corn
1 (16 oz) can black beans
2 (2 oz) pouches chicken, drained
1 (14 oz) can diced tomatoes

Preparation: Mix in large bowl.

Shopping List

- ❑ 1 (16 oz) can corn
- ❑ 1 (16 oz) can black beans
- ❑ 2 (2 oz) pouches chicken
- ❑ 1 (14 oz) can diced tomatoes

Shopping List

- ❑ 1 box rye crisp bread
- ❑ 2 cans tuna
- ❑ 1 small jar pimiento olives
- ❑ 6 mayonnaise packets*

**The next time you are at a sandwich shop, pick up a few extra packets of these for your stockpile. They may also be purchased at bulk food stores.*

Stuck-in-the-House Tuna Sandwich

Ingredients:

1 box rye crisp bread
2 cans tuna (use only as many cans as you will need for a six-person meal, to avoid having leftover tuna)
1 small jar pimiento olives, chopped
6 mayonnaise packets

Preparation: In large bowl, combine tuna and mayonnaise. Add chopped olives. Spread tuna mixture on crisp bread.

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Pandemic peanut butter sandwiches

Ingredients:

1 or 2 cans plain or raisin brown bread*
1 jar peanut butter
1 jar jam or jelly

Preparation: Cut brown bread into half-inch slices. Spread with peanut butter and jelly as desired.

**Can substitute rice cakes for brown bread.*

Shopping List

- ❑ 1 to 2 cans raisin bread or 1 bag rice cakes
- ❑ 1 jar peanut butter
- ❑ 1 jar jam or jelly

Get Ready Fruit Salad

Ingredients:

1 can (8 oz) can fruit cocktail
1 can (15 oz) sliced peaches
1 can (15 oz) sliced pears
1 bag trail mix or 1 jar wheat germ, any flavor

Preparation: Drain all canned fruits. Combine all ingredients in a large container. Mix well. Top with trail mix or wheat germ.

Shopping List

- ❑ 1 can (8 oz) fruit cocktail*
- ❑ 1 can (15 oz) sliced peaches*
- ❑ 1 can (15 oz) sliced pears*
- ❑ 1 bag trail mix or 1 jar wheat germ

**Look for fruit packed in juice instead of sugar or corn syrup.*

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Get Ready Veggie Salad

Ingredients:

1 can (14 oz) diced potatoes
1 jar (16 oz) three bean salad

Preparation: Drain all ingredients. Combine in large bowl. Mix well.

Shopping List

- ❑ 1 can (14 oz) diced potatoes
- ❑ 1 jar (16 oz) three-bean salad

Preparedness Pudding

Ingredients:

1 24-oz package chocolate or vanilla fat-free pudding cups (4 oz each, 6 per pack)
1 box animal crackers*

Preparation: Crumble animal crackers over pudding.

**Can substitute graham crackers for animal crackers.*

Shopping List

- ❑ 1 24-oz package chocolate or vanilla fat-free pudding cups (non-refrigerated)
- ❑ 1 box animal crackers or graham crackers

For more tips on creating your emergency preparedness stockpile, see www.getreadyforflu.org/clocksstocks

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