










Emergency Preparedness!

One crucial aspect of preparedness is having a 72-hour emergency food supply on hand. Here's what the experts recommend:

-  Canned Goods: Stock up on fruits, veggies, soups, and meats (don't forget the can opener!)
-  Dried Foods: Nuts, fruits, jerky, and trail mix for lasting energy
-  Nutrient-dense Foods: Peanut butter, canned beans, and whole grain crackers for essential nutrients
-  Granola Bars: Quick energy boosts when you need them most
-  Instant Meals: Noodles, rice, and other easy-to-make options
-  Powdered or Shelf-Stable Milk: For drinking or cooking
-  Cereal: Whole grain options for a quick breakfast or snack
-  Comfort Foods: Treats to keep spirits high during tough times
-  Special Dietary Needs: Don't forget to cater to any special dietary requirements!

Keep your emergency food supply fresh by checking expiration dates and rotating items regularly. Store them in waterproof containers to ensure they stay safe and ready when you need them most. Stay prepared, stay safe! #EmergencyPreparedness #IllinoisReady #StaySafe 🌱 🍴 🛒