



# Nutrition Links

Welcome to the Penn State Cooperative Extension's Nutrition Links newsletter. We offer tasty recipes. Tips on saving money, time, and providing healthier meals are included. Look for us at your site to find out more.

## How to prepare for bad weather

### Food items to keep on hand

Keep a week's supply of food on hand in case you are snowed in. Some items to consider:

#### Canned

<i>Fruits</i>	<i>Vegetables</i>
<i>Juices</i>	<i>Milk</i>
<i>Soup</i>	<i>Meat (beef, chicken)</i>
<i>Fish (tuna, salmon)</i>	

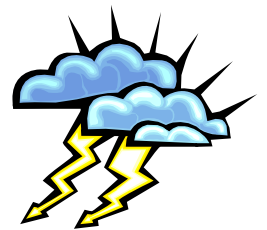


#### Dried

*Sugar*  
*Flour*  
*Baking mix*  
*Ready to eat cereal*  
*Powdered milk*  
*Pasta*  
*Rice*  
*Nuts*  
*Crackers*  
*Fruit (raisins, apricots, prunes)*  
*Peanut Butter*  
*Jelly*

**Remember as spring arrives to use up these items and replace with new food items.**

### When you have no power



#### Keeping cold food cold

Keep your refrigerator and freezers doors closed as much as possible. This keeps the cold air inside. A full freezer can stay at freezing temperatures for about 2 days; a half-full freezer for about 1 day.

If you think the power will be out for several days, pack your refrigerator with some ice or snow. It is very important to keep cooked beans, rice, and pasta, meats, fish, poultry, dairy, and eggs products cold.

Refrigerated foods should be safe as long as the power is not out more than a few hours and the doors have been kept closed. Potentially hazardous foods should be discarded if they warm up above 45° F.

Frozen foods which are still frozen are no problem. If potentially hazardous foods are thawed but are still cold or have ice crystals on them you should use them as soon as possible. Otherwise, throw them out.

*Washing your hands helps to prevent the spread of disease.*

Allow time for refrigerators to reach the proper temperature of less than 45° F before restocking.

## Heating your Food

Inside your home-

Candle warmers

Fondue pots and sterno

Wood stove or working fire place

Outside your home –

Propane or kerosene

Outdoor charcoal or propane grill

**Emergency supplies to keep on hand,**

⇒ Nonperishable foods.

⇒ A manual can opener.

⇒ Flashlights with fresh batteries

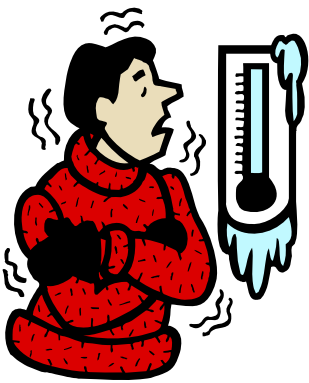
⇒ A portable, battery-powered radio

⇒ A wind-up or battery-powered clock

⇒ Bottle water in clean containers.

⇒ A cell phone or a phone that is not cordless.

⇒ Blankets.



creed, sex, sexual orientation, or veteran status. Direct all inquiries regarding the nondiscrimination policy to the Affirmative Action Director, The Pennsylvania State University, 201 Willard Building, University Park, PA 16802-2801; tel. (814) 865-4700/V; (814) 863-1150/TT

## **Canned meats can be**

- Added to rice or noodles
- Added to canned vegetables
- Spread on crackers or bread
- Added to scrambled eggs
- Added to canned or dried soups
- Added to a can of creamed soup for a gravy or topping for noodles or rice

## **Chicken and Rice**

**Makes 2 servings**

**Prep Time:** 5 Minutes

**Cook Time:** 15 Minutes

**Ready in:** 20 Minutes

### Ingredients

- 2 cups instant rice
- (5 ounce) can chicken chunks, drained
- 1 (10.75 ounce) can condensed cream of chicken soup

### Directions

1. Prepare rice according to package directions.
2. When rice is ready, add chicken to pot and continue to stir over low heat. Mix in soup, and continue cooking until heated through.

**Serving Size** 1/2 of a recipe

Amount Per Serving

**Calories** 599

**Calories from Fat** 131

**% Daily Value \***

**Total Fat** 14.6g 22 %

**Saturated Fat** 4.1g 20 %

**Cholesterol** 56mg 19 %

**Sodium** 1566mg 63 %

**Potassium** 225mg 6 %

**Total Carbohydrates** 85.3g 28 %

**Dietary Fiber** 0.3g 1 %

**Protein** 27.6g 55 % □

The Pennsylvania State University is committed to the policy that all persons shall have equal access to programs, facilities, admission, and employment without regard to personal characteristics not related to ability, performance, or qualifications as determined by University policy or by state or federal authorities. The Pennsylvania State University does not discriminate against any person because of age, ancestry, color, disability or handicap, national origin, race, religious

For more information about nutrition education and cooking programs, contact: