



NEWS RELEASE

Defense Commissary Agency

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Stock up on healthy foods to prepare for a disaster

*By Karen Hawkins,
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FORT LEE, Va. – It is possible to choose healthy foods for you and your family during hurricane season. There are a wide variety of nutrient-dense, delicious, nonperishable meals that you can pull together in a matter of minutes with a little planning and preparation.

During a disaster, choosing to eat healthy, nutritious foods will help keep your energy and blood-sugar levels stable during stressful times. And, while you are stocking up on your family disaster supplies, be sure to include healthy food choices.

Stock a two-week supply for disaster conditions

- **Bottled Water.** This is a real must for drinking, washing, brushing teeth, cooking and mixing with food as needed.
- **Canned beans.** Beans provide a good source of protein, fiber and complex carbohydrates.
- **Canned and packaged chicken and seafood.** Go for the salmon for your heart health. Canned and packaged meats provide great sources of protein.
- **Instant oatmeal.** All you need is some hot water and a little cinnamon to make a satisfying meal or snack.
- **Nut butters such as peanut butter, almond butter or cashew butter.** These are great sources of protein and monounsaturated fats, which are good for your heart.

- **Whole-wheat crackers.** Read the label and choose whole wheat or whole grains for the benefit of the whole grains. If it says “wheat” and not “whole wheat,” then it is a more processed food.
- **Low-sodium, canned products.** Many canned items are high in salt. Rinsing the contents can remove some of the sodium.
- **Canned and dried fruits.** Choose canned fruits that are packed in fruit juice and not syrup. For dried fruits, there are a variety to choose from, including raisins, cherries, mangoes and blueberries. There are also some freeze-dried fruits that are low in calories and high in nutrients available in your commissary. Some that are available include apples, pears and bananas. It is important to eat fruits as they provide many nutrients and fiber your body needs.
- **Don’t forget the fruits and veggies.** Fresh vegetables and fruits can be kept without refrigeration for a couple of days, so remember to eat them after the storm has passed.

In addition to the list above, commissary customers can also go to

http://www.nhc.noaa.gov/HAW2/english/disaster_prevention.shtml for information on creating a disaster kit from the National Weather Service, the National Oceanic and Atmospheric Administration, and the Federal Emergency Management Agency. Customers also can visit http://www.commissaries.com/disaster_prep.cfm for commissary-related information and links to other government websites with information on disaster preparedness.

For more information about making healthy choices, visit Ask the Dietitian on <http://www.commissaries.com> and post your questions on the DeCA Dietitian Forum. Be sure to look for other useful information in the Dietitian’s Voice archive. Sign up with the DeCA Dietitian on www.twitter.com and get messages sent to your cell phone today. For delicious recipes, check out Kay’s Kitchen. And to enjoy all your commissary has to offer, sign up for the *Commissary Connection*.

-DeCA-

About DeCA: *The Defense Commissary Agency operates a worldwide chain of commissaries providing groceries to military personnel, retirees and their families in a safe and secure shopping environment. Authorized patrons purchase items at cost plus a 5-percent surcharge, which covers the costs of building new commissaries and modernizing existing ones. Shoppers save an average of more than 30 percent on their purchases compared to commercial prices – savings worth more than \$4,400 annually for a family of four. A core military family*

support element, and a valued part of military pay and benefits, commissaries contribute to family readiness, enhance the quality of life for America's military and their families, and help recruit and retain the best and brightest men and women to serve their country.