

# MAINE



## SNAP-Ed

Healthy Eating on a Budget

## 10 TIPS FOR SHOP, COOK, EAT FOR WINTER MONTHS

### SHOP:

Here are a few items to keep on hand during the winter in case the power goes out or you cannot make it to the store. Be careful not to buy too many pantry items that require a lot of preparation. For example, if the power goes out, you may not be able to boil water for pasta or heat up canned soup in the microwave.

1. Whole grain cereals are great for breakfast and make easy snacks for when kids are home and the power is out.
2. Shelf-stable soy or rice milk will allow you to have your whole grain cereal. Note that once shelf-stable soy or rice milk is opened, it will need to be refrigerated. Simply place the container in a cooler and place the cooler outside (assuming the temperature is less than 40 degrees).
3. Another milk option to keep on hand is to keep powdered milk. Powdered milk allows you to mix up just the right amount and not have to worry about keeping opened packages chilled.
4. 100% whole grain bread is great to keep in the freezer and only pull out slices when needed. Keep a loaf on hand for power outages to make a quick peanut butter sandwich.
5. Canned beans are great to have on hand just remember to have a manual can opener on hand!
6. Canned vegetables like corn go great with canned beans to make easy colorful no-cook meals, such as corn, black beans and salsa over whole grain tortillas.
7. Canned meats including fish are good to keep on hand as they can be prepared for sandwiches or served with whole grain crackers for a quick and easy meal.
8. Keep fruit canned in 100% juice or unsweetened apple sauce on hand especially for kids. They are easy to open and do not require cooking.
9. Dried fruit and nuts are good to keep on hand but watch out for portion sizes! These foods are full of good nutrition but they are high in calories so keep your portions in check.
10. Bottles or gallons of water for drinking. During a power outage or winter weather, you may have limited access to drinking water. Be sure to keep a gallon or two of drinkable water stored in your pantry.



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