

Mayo Clinic Minute: Preparing your cupboard for hurricane season

Video	Audio
<p>HOLLEE GRADY DIETITIAN Mayo Clinic</p>	<p>Before severe weather strikes, it's important to prepare with enough food and water to last through power outages.</p> <p>"As far as water, you want to have 1 gallon per person per day and you want to plan for three days. So for one person, that'd be 3 gallons. Let's say you have like a family of five, that'd be 15 gallons."</p>
	<p>When it comes to food, living off packaged goods doesn't have be unappetizing.</p> <p>Reach for proteins, like meats, fish, beans or nut butters, that can be part of a diet balanced with fruits and vegetables.</p>
	<p>"If you really want to get creative and make a little dessert, you could do like a peanut butter bite. So that's gonna have oatmeal, peanut butter, chocolate chips, honey and you could even throw in chia seed or flax seed, and kind of mix all of that together and then form little bites."</p>
	<p>If the power goes out, that starts a ticking clock for foods in cold storage.</p> <p>Food spoils at around 48 hours in a fully stocked freezer and much sooner for items in the refrigerator.</p>
	<p>"Once the power goes out four hours later, you don't want to eat anything that's in there that would go bad. So make sure that you throw those out. Don't try them, just throw them out."</p>
	<p>For the Mayo Clinic News Network, I'm Alex Osiadacz.</p>