



## Meal planning

Suggested shopping list from which to select hurricane meal kit items.

Most canned foods can be safely stored for up to one year, and freeze-dried and dehydrated foods remain wholesome indefinitely, if kept dry.

### Canned Main Dish Items

Beef chili with beans	Clam chowder	Oysters
Beef ravish	Codfish cakes	Oyster stew
Beef stew	Corned beef	Pork and beans
Beef stroganoff	Corned beef hash	Pork luncheon meat
Beef tamales in sauce	Crab Cream of shrimp soup	Refried beans
Beef taco filling	Creamed chipped beef	Salisbury steak in mushroom gravy
Blackeyed peas	Danish ham	Salmon
Boned chicken	Deviled ham	Sardines
Boned turkey	Ham loaf	Shrimp
Chicken a la king	Lasagna	Sliced fried beef

Chicken and dumplings	Liverwurst spread	Soups, all varieties
Chicken stew	Lobster	Spaghetti and meatballs
Chopped beef	Lobster bisque with sherry	Split pea soup
Chopped ham	Macaroni and cheese	Tuna
Chow mein	Clams	Vienna sausages

### **Canned Vegetables**

American potato salad	Hominy	Poke salad greens
Artichoke hearts	Macaroni salad	Sweet cucumber chips
Beans, all types	Mixed vegetables	Sweet potatoes or yams
Bean salad	Okra with tomatoes	Tossed vegetable mixture
Carrots	Olives	Turnip greens
Corn	Pear shaped tomatoes	Zucchini squash
German potato salad	Pickled vegetable mixture	

## **Canned Fruits and Juices**

Applesauce	Fruit cocktail	Peaches
Apricots	Fruit juices, all kinds	Pears
Blackberries	Fruit pie fillings	Plums
Blueberries	Gooseberries	Prunes
Easy open fruit puddings	Grapefruit sections	Raspberries
Figs	Mandarin oranges	Spiced pears

## **Dehydrated Foods**

**(Requiring only water or reconstituted milk)**

Instant breakfast substitutes	Instant chocolate drink powder	Nonfat dry milk powder
Instant beverage powder	Instant puddings	Whole dry milk powder

## Ready To Eat Foods

Bottled hot sauce	Enriched saltine crackers	Preserves, jams, jellies Raisins
Bottled, sealed salad dressing	Enriched graham (whole wheat) crackers	Salt, pepper
Bread sticks	Evaporated milk	Sealed tartar sauce
Catsup	Graham cracker pie crusts	Spanish peanuts
Cookies made from enriched flours	Melba toast	Sugar, honey
Corn chips	Mustard	Vinegar
Dried fruits	Oyster crackers	Whole wheat or enriched snack crackers
Dry cereals	Packaged taco shells	Worcestershire sauce
Peanut butter	Zwieback toast	

For more information contact your local extension office at 440 Market St.  
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