

WESTSIDE WELLNESS

www.westside66wellness.org



Be Ready
PREPARE. PLAN. STAY INFORMED.
health matters
EDUCATE ENGAGE EMPOWER CREATING A CULTURE OF WELLNESS

TABLE OF CONTENTS

December 1

Orange Delight Juice

December 2

Whole Wheat Flour Tortillas

December 3

B-B-Q Meatballs

December 4

Green Bean and Tomato Salad

December 7

Teriyaki Chicken

December 8

Peach Granola Crisp

December 9

Salmon (or Tuna) Loaf

December 10

Gazpacho (Cold Tomato Soup)

December 11

Applesauce Spice Cookies

December 14

Carne Adobado (Spiced Pork)

December 15

Tuna Noodle Casserole

December 16

Walnut Oatmeal Chews

December 17

Manhattan Chicken Chowder

December 18

Vegetable Salad

December 21

Northern Bean Soup

December 22

Bran Chewies

December 23

Green Chili Stew

December 24

Strawberry Yogurt Tarts

December 28

Healthy Spaghetti Sauce

December 29

Misickquatash (Indian Succotash)

December 30

Spanish Rice

December 31

Peanut Butter Balls

December 1, 2009

"Make sure that you have plenty of water stored away for emergencies. Store water in used water bottles, Gatorade bottles, soda bottles, etc. Doing this helped my family make it through Hurricane Andrews in the early 90's." - Alan Campion

Basic Emergency Supply Kit:

Water, one gallon of water per person per day for at least three days, for drinking and sanitation.

Preparedness Tip:

To treat water, follow these steps:

Filter the water using a piece of cloth or coffee filter to remove solid particles.

Bring it to a rolling boil for about one full minute.

Let it cool at least 30 minutes. Water must be cool or the chlorine treatment described below will be useless.

Add 16 drops (1/8 teaspoon) of liquid chlorine bleach per gallon of water. Stir to mix. Sodium hypochlorite of the concentration of 5.25% to 6% should be the only active ingredient in the bleach. There should not be any added soap or fragrances. A major bleach manufacturer has also added Sodium Hydroxide as an active ingredient, which they state does not pose a health risk for water treatment.

Let stand 30 minutes. If it smells of chlorine, you can use it. If it does not smell of chlorine, add 16 more drops (1/8 teaspoon) of chlorine bleach per gallon of water, let stand 30 minutes, and smell it again. If it smells of chlorine, you can use it. If it does not smell of chlorine, discard it and find another source of water.

December 2, 2009

"Being prepared makes my home a safer place all around. Now that I am prepared, when disaster strikes I will be ready for anything that comes my way. It just gives me a calm feeling inside knowing that my children have a chance to be taken care of if something does happen." - Holly Anderson

Basic Emergency Supply Kit:

Food, at least a three-day supply of non-perishable food

Preparedness Tip:

Keep food stored in a dark cool spot. Store it on the second floor if at all possible. Avoid storing your food on a ground level floor to avoid the food getting damaged by a flood. Make sure that the food is stored in an area that has easy access for yourself and for your children.

Wellness Recipe: Orange Delight Juice

Makes 4 servings

1 cup orange juice
1/2 banana
1 cup apple juice
1 teaspoon honey
1 dash cinnamon
1 cup crushed ice

Blend at high speed in blender until frothy. Nutrition Information for each serving: Calories 70 Kcal Cholesterol 0 mg Sugar 17 g Calcium 11 mg Calories from fat 0 Kcal Sodium 5 mg Protein 0 g Iron 0 mg Total fat 0 g Total Carbohydrate 18 g Vitamin A 6 RE Saturated fat 0 g Dietary Fiber <1g g Vitamin C 25 mg

Wellness Recipe: Whole Wheat Flour Tortillas

Makes 10 8" tortillas

1 1/2 cups whole wheat flour
2 1/2 cups all-purpose flour
1/2 cup instant nonfat dry milk
1 tablespoon baking powder
1/2 cup vegetable oil
1 1/4 cup warm water

1. Combine flours, nonfat dry milk powder, and baking powder in mixing bowl. 2. Add vegetable oil and mix well with fingertips. 3. Add water slowly to mixture using one hand for mixing to work into dough. 4. Divide dough into 10 medium sized balls and lay out on a clean cloth. Roll out each ball until round, flat and thin. Cook on moderately hot griddle, turning each side until lightly browned. Nutrition Information for each serving: Calories 280 Kcal Cholesterol 0 mg Sugar 3 g Calcium 50 mg Calories from fat 110 Kcal Sodium 90 mg Protein 7 g Iron 2 mg Total fat 12 g Total Carbohydrate 39 g Vitamin A 25 RE Saturated fat 2 g Dietary Fiber 3 g Vitamin C 0 mg

December 3, 2009

"Don't ever under estimate the importance of being prepared for a disaster or any type of emergency. And never under estimate what mother nature can do to disrupt our normal lives." - Joe Morgan

Basic Emergency Supply Kit:

Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both

Preparedness Tip:

Top Safety Tips for a Blackout

Only use a flashlight for emergency lighting.

Never use candles!

Turn off electrical equipment you were using when the power went out.

Avoid opening the refrigerator and freezer.

Do not run a generator inside a home or garage.

If you use a generator, connect the equipment you want to power directly to the outlets on the generator. Do not connect a generator to a home's electrical system.

Listen to local radio and television for updated information.

Wellness Recipe: B-B-Q Meatballs

Makes 20 servings

Meatballs:

2 pounds ground beef

3/4 cup rolled oats

cup instant nonfat dry milk + 1 cup water (or 1 cup nonfat milk)

3 teaspoons dried onion flakes

1 teaspoon salt

1/2 teaspoon pepper

all-purpose flour

Sauce:

2 tablespoons sugar

2 tablespoons Worcestershire sauce

1 cup ketchup

1/2 cup water

3 tablespoons vinegar

6 tablespoons dried onion flakes

1. Preheat oven to 350°F. 2. Combine ingredients and form into small balls. 3. Roll in flour and brown in a skillet. 4. Place meatballs in baking dish. 5. Combine all ingredients for sauce and pour over meatballs. 6. Bake at 350°F for 30 to 40 minutes. Nutrition Information for each serving: Calories 160 Kcal Cholesterol 35 mg Sugar 3 g Calcium 30 mg Calories from fat 80 Kcal Sodium 310 mg Protein 12 g Iron 2 mg Total fat 9 g Total Carbohydrate 9 g Vitamin A 30 RE Saturated fat 3.5 g Dietary Fiber <1g g Vitamin C 4 mg

December 4, 2009

"Being prepared paves the way to success when disaster hits." - Shawn Sullivan

Basic Emergency Supply Kit:

Flashlights and extra batteries

Preparedness Tip:

You should keep enough supplies in your home to meet your needs for at least three days. Build a Disaster Supplies Kit to take with you in an evacuation. The basics you should stock in your portable kit include: water, food, first aid supplies, a change of clothing and blanket or sleeping bag, emergency tools (like flashlights, radio, batteries), and special items for infants, elderly or people with disabilities. Keep these items in an easy-to-carry container- such as a covered trash container, a large backpack, or a duffle bag.

Wellness Recipe: Green Bean and Tomato Salad

Makes 4 servings

1 can green beans

1 can tomatoes, chopped

1/3 cup sliced onions

1 tablespoon spicy mustard

1/4 teaspoon pepper

3 tablespoons vinegar

2 tablespoons vegetable oil

1/4 teaspoon salt

1. Drain green beans and tomatoes. 2. Mix all ingredients together. 3. Cover and refrigerate until ready to use. Nutrition Information for each serving: Calories 100 Kcal Cholesterol 0 mg Sugar 5 g Calcium 55 mg Calories from fat 60 Kcal Sodium 560 mg Protein 2 g Iron 2 mg Total fat 7 g Total Carbohydrate 90 g Vitamin A 80 RE Saturated fat 1 g Dietary Fiber 3 g Vitamin C 20 mg

December 7, 2009

"Everyone needs to realize that a disaster or emergency can happen at anytime day or night. Having a kit ready in an easy access location is a must." - Roger Smith

Basic Emergency Supply Kit:

First aid kit - large enough to meet your needs

Preparedness Tip:

Assemble a first aid kit for your home and one for each car.

(20) adhesive bandages, various sizes.

(1) 5" x 9" sterile dressing.

(1) conforming roller gauze bandage.

(2) triangular bandages.

(2) 3 x 3 sterile gauze pads.

(2) 4 x 4 sterile gauze pads.

(1) roll 3" cohesive bandage.

(2) germicidal hand wipes or waterless alcohol-based hand sanitizer.

(6) antiseptic wipes. · (2) pair large medical grade non-latex gloves.

Adhesive tape, 2" width.

Anti-bacterial ointment.

Cold pack.

Scissors (small, personal).

Tweezers.

CPR breathing barrier, such as a face shield.

Wellness Recipe: Teriyaki Chicken

Makes 4 servings

2 1/2 pounds chicken pieces

2 teaspoons ground ginger

1/2 cup lite soy sauce

1/2 cup sugar

1/4 (20-ounce can) can crushed pineapple, with juice

1 teaspoon black pepper

1 teaspoon garlic powder (or minced garlic clove)

1. Preheat oven to 425°F. 2. Remove all skin and extra fat from chicken pieces. 3. Put chicken pieces in a 9 x 13 inch baking pan. Combine all remaining ingredients and pour over chicken. 4. Bake, uncovered, for 30 minutes, or until chicken reaches internal temperature of 180°F. Nutrition Information for each serving: Calories 420 Kcal Cholesterol 160 mg Sugar 26 g Calcium 57 mg Calories from fat 60 Kcal Sodium 910 mg Protein 60 g Iron 2 mg Total fat 7 g Total Carbohydrate 29 g Vitamin A 24 RE Saturated fat 2 g Dietary Fiber 0g g Vitamin C 9 mg

December 8, 2009

"When Hurricane Katrina hit, if my family did not have a plan of where to meet and what to do, I believe that I would never have seen my kids ever again." - Suzy Barrows

Basic Emergency Supply Kit:

Whistle to signal for help

Preparedness Tip:

Talk with your family about disasters that can happen where you live. Talk with your family about why you need to prepare for these events. Calmly explain the potential dangers, and plan to share responsibilities and work together as a team. Make sure every family member knows their particular responsibilities. Designate an alternate in case a person is not there at the time.

Wellness Recipe: Peach Granola Crisp

Makes 6 servings

2 (15.5 ounce) cans peaches, drained

1/2 cup all-purpose flour

3 tablespoons packed brown sugar

1/2 cup oats

1/4 teaspoon cinnamon

2 tablespoons butter or margarine, softened

1. Preheat oven to 375°F. 2. Pour fruit into 8 x 8 inch baking pan. 3. Combine rest of ingredients & crumble over top. 4. Bake at 375°F for 24-40 minutes. Variation: This also works well with canned pears. Nutrition Information for each serving: Calories 240 Kcal Cholesterol 0 mg Sugar 34 g Calcium 30 Calories from fat 40 Kcal Sodium 60 mg Protein 3 g Iron 2 Total fat 4.5 g Total Carbohydrate 50 g Vitamin A 110 RE Saturated fat 1 g Dietary Fiber 4 g Vitamin C 8 mg

December 9, 2009

“Everybody needs to be prepared for the worst case scenario. Make sure that you have a 72 hour ready for each member of your family, a water and food supply for at least six months.” - James Faust

Basic Emergency Supply Kit:

Dust mask, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place

Preparedness Tip:

Go through your calendar now, and put a reminder on it – every six months – to review your plan, update numbers, and check supplies to be sure nothing has expired, spoiled, or changed.

Wellness Recipe: Salmon (or Tuna) Loaf

Makes 8 servings

4 cups canned salmon or canned tuna, drained
2 tablespoons lemon juice
1/3 cup instant nonfat dry milk + 1 cup water (or 1 cup nonfat milk)
3 cups soft bread, chopped, or crushed crackers
2 eggs, beaten
1/4 cup dried onion flakes
1/4 teaspoon pepper
1 tablespoon dried parsley flakes

1. Preheat oven to 350°F. 2. In a large bowl sprinkle lemon juice over salmon. 3. In medium bowl combine milk, bread crumbs, eggs, onions, pepper, and parsley flakes. Combine with salmon and blend well. Form into a loaf. 4. Place loaf in a greased, non-metallic loaf pan. 5. Bake at 350°F for 30 minutes. 6. Cool 5 minutes before cutting and serving. 7. Can be served with ¼ cup of cream sauce over each salmon loaf slice (see page 64). Nutrition Information for each serving: Calories 360 Kcal Cholesterol 100 mg Sugar 3 g Calcium 426 mg Calories from fat 90 Kcal Sodium 470 mg Protein 32 g Iron 3 mg Total fat 10 g Total Carbohydrate 34 g Vitamin A 65 RE Saturated fat 2.5 g Dietary Fiber 1 g Vitamin C 4 mg

December 10, 2009

“Having money put away in case of a disaster was the smartest thing I have ever done. If I did not have this money in a safe place my family and I would have never survived through the earthquake that hit San Francisco in 1988.” - Barbra Harris

Basic Emergency Supply Kit:

Cash or traveler’s checks and change

Preparedness Tip:

Be financially ready for a disaster or emergency. Have cash put away in a safe place besides a bank. Also make sure that you put important documents with the cash such as a copy of drivers license, birth certificate, passport, and wedding certificate.

Wellness Recipe: Gazpacho (Cold Tomato Soup)

Makes 4-6 servings

2 (15.5 ounce) cans tomatoes, finely chopped
2 cups tomato juice
1 large cucumber, chopped
1 onion, finely chopped
1 clove garlic, minced (or 1/4 - 1/2 teaspoon garlic powder)
1/4 cup olive oil
2 tablespoons vinegar
1/2 - 1 teaspoon hot sauce
1/2 teaspoon salt
1/4 teaspoon pepper

1. Put finely chopped tomatoes (including the juice), in a large mixing bowl. 2. Add tomato juice, cucumbers, onions, garlic, oil, vinegar, hot sauce, salt, and pepper. Mix well, cover and chill. 3. Serve in bowls. Sprinkle with croutons, if desired. 4. For a healthier version, omit salt and oil. Nutrition Information for each serving: Calories 150 Kcal Cholesterol 0 mg Sugar 5 g Calcium 70 mg Calories from fat 90 Kcal Sodium 670 mg Protein 3 g Iron 2 mg Total fat 10 g Total Carbohydrate 17 g Vitamin A 150 RE Saturated fat 1.5 g Dietary Fiber 4 g Vitamin C 30 mg

December 11, 2009

"Each year when tornado season hits we are always are thankful that we have generators handy. We would have no power without generators and life would be a lot harder during this time of the year." - Donna Rice

Basic Emergency Supply Kit:
Wrench or pliers to turn off utilities

Preparedness Tip:

Generators: If you choose to buy a generator, make sure you get one that is rated for the amount of power that you think you will need. Look at the labels on lighting, appliances, and equipment you plan to connect to the generator to determine the amount of power that will be needed to operate the equipment. The primary hazards to avoid when using a generator are carbon monoxide (CO) poisoning from the toxic engine exhaust, electric shock or electrocution, and fire. Follow the directions supplied with the generator. Under no circumstances should portable generators be used indoors, including inside a garage, carport, basement, crawlspace, or other enclosed or partially-enclosed area, even with ventilation. Opening doors and windows or using fans will not prevent CO buildup in the home. The CO from generators can rapidly lead to full incapacitation and death, but CO can't be seen or smelled. Even if you cannot smell exhaust fumes, you may still be exposed to CO. If you start to feel sick, dizzy, or weak while using a generator, get to fresh air RIGHT AWAY - DO NOT DELAY. To avoid electrocution, keep the generator dry and do not use in rain or wet conditions. To protect the generator from moisture, operate it on a dry surface under an open canopy-like structure, such as under a tarp held up on poles. Dry your hands if wet before touching the generator.

Wellness Recipe: Applesauce Spice Cookies

Makes 3 dozen cookies

1 cup raisins
1 cup canned applesauce
1 cup brown sugar
1/2 cup butter
1 egg
2 cups all-purpose flour
1/2 teaspoon salt
1 teaspoon baking soda
1 teaspoon cinnamon
1 teaspoon nutmeg
1/4 teaspoon ground cloves
1 cup chopped nuts

1. Preheat oven to 350°F. 2. Mix raisins with applesauce, set aside. 3. Beat sugar and shortening, add egg and beat until fluffy. Stir in applesauce/raisin mixture. 4. Sift dry ingredients together and then add to wet mixture. Stir in nuts. 5. Drop by teaspoonfuls on cookie sheet. 6. Bake 15 minutes at 350°F. Nutrition Information for each cookie: Calories 110 Kcal Cholesterol 5 mg Sugar 10 g Calcium 10 mg Calories from fat 45 Kcal Sodium 70 mg Protein 2 g Iron 0 mg Total fat 5 g Total Carbohydrate 16 g Vitamin A 4 RE Saturated fat 1 g Dietary Fiber <1 g Vitamin C 0 mg

December 14, 2009

"Remember to take special precautions that are necessary to follow with your infants. Make sure that you remember their needs before disaster hits." - Lindsey Washington

Basic Emergency Supply Kit:
Fire Extinguisher

Preparedness Tip:

Conduct fire drills and practice evacuating your home twice a year. Drive your planned evacuation route and plot alternate routes on a map in case main roads are impassible or gridlocked. Practice earthquake and tornado drills at home, school and work. Commit a weekend to update phone numbers, disaster supplies and review your plan with everyone.

Wellness Recipe: Carne Adobado (Spiced Pork)

Makes 12 servings

2 cups red chile puree or 12 tablespoons chile powder
3 pounds fresh, lean pork
2 teaspoons salt
1 tablespoon oregano
2 cloves garlic, mashed

1. Cut pork into strips. 2. Mix other ingredients, add to pork strips, and let stand in refrigerator for 24 hours. 3. Cut meat into cubes and brown in small amounts of oil. Add chile sauce and simmer one hour or more. 4. To serve, add more fresh chile sauce and cook until tender. Nutrition Information for each serving: Calories 310 Kcal Cholesterol 95 mg Sugar 0 g Calcium 55 mg Calories from fat 170 Kcal Sodium 530 mg Protein 29 g Iron 2 mg Total fat 19 g Total Carbohydrate 5 g Vitamin A 266 RE Saturated fat 6 g Dietary Fiber 2 g Vitamin C 6 mg

December 15, 2009

"Sometimes there is not much you can do when a disaster happens. Always be prepared for the worst case scenario. Most of the time there is nothing that you can do to stop a disaster or emergency from happening." - Mark Willis

Basic Emergency Supply Kit:
Local maps

Preparedness Tip:
Regardless of how a flood occurs, the rule for being safe is simple: head for higher ground and stay away from floodwater. Even a shallow depth of fast-moving floodwater produces more force than most people imagine. You can protect yourself by being prepared and having time to act. Local radio or television stations or a NOAA Weather Radio are the best sources of information in a flood situation.

Wellness Recipe: Tuna Noodle Casserole

Makes 4 servings

1 (12 ounce) can tuna
1 diced apple
2-3 stalks of celery, chopped
1 onion, chopped
1/2 (1 pound) package of macaroni, cooked
1 can fat-free creamed soup (any kind)
1/2 cup crushed crackers or corn flakes

1. Preheat oven to 350°F. 2. Mix all ingredients except crackers and put in pan or casserole dish. 3. Top with crushed crackers. 4. Bake uncovered at 350°F for 20-25 minutes. Nutrition Information for each serving: Calories 420 Kcal Cholesterol 30 mg Sugar 12 g Calcium mg 65 Calories from fat 40 Kcal Sodium 890 mg Protein 31 g Iron 5 mg 4 g g Vitamin A 50 RE Saturated fat 1 g Dietary Fiber 5 g Vitamin C 10 mg

December 16, 2009

"Failing to prepare is preparing to fail." - Sarah Sadler

Basic Emergency Supply Kit:
Mess kits, paper cups, plates and plastic utensils, paper towels

Preparedness Tip:
When you start to develop your business disaster plan, consider three subjects: human resources, physical resources and business continuity. Think about how a disaster could affect your employees, customers and workplace. Think about how you could continue doing business if the area around your facility is closed or streets are impassable. Think about what you would need to serve your customers even if your facility is closed.

Wellness Recipe: Walnut Oatmeal Chews

Makes 3 dozen

1 cup margarine
1 cup sugar
1 cup brown sugar
1 teaspoon vanilla
1 egg
1 1/2 cups sifted all-purpose flour
1/2 teaspoon baking soda
1 teaspoon baking powder
1/2 teaspoon salt
2 cups oats

Nutrition Information for each cookie: Calories 140 Kcal Cholesterol 20 mg Sugar 3 g Calcium 15 mg 70 Sodium 65 mg Protein 2 g Iron 2 mg Total fat 8 g Total Carbohydrate 17 21 RE g Vitamin A Saturated fat 1.5 g Dietary Fiber <1 g Vitamin C 0 mg 1. Preheat oven to 375°F. 2. Cream shortening, sugars, and vanilla until fluffy. Add egg and beat well. 3. Add flour, baking soda, baking powder, and salt to shortening mixture. 4. Stir in oats and nuts. 5. Drop by teaspoonfuls onto cookie sheet; press down with fork. 6. Bake at 375°F for 10-12 minutes. 1 cup chopped walnuts

December 17, 2009

“Being prepared for any type of emergency is necessary in today’s world. Don’t be one of those families that is relying on your neighbor or friend to be prepared. Be the person that steps forward and takes the first action to be prepared.” - President George W. Bush

Basic Emergency Supply Kit:
Books, games, puzzles or other activities for children

Preparedness Tip:

Learn about your community’s disaster warning signals: what they sound like and what you should do when you hear them. Get a NOAA Weather Radio with Tone Alert feature for your home and learn what to do when there is a severe weather “Watch” and a severe weather “Warning”.

Wellness Recipe: Manhattan Chicken Chowder

Makes 10 servings

2 1/2 cups chicken broth
1 1/4 cups carrot, cut in 1/2 inch pieces
1 1/4 cup celery, chopped
1 1/4 cup turnip, diced
3/4 cup onion, chopped
2 (15.5 ounce) cans tomatoes
1/4 teaspoon thyme
1/4 teaspoon pepper
5 cups chicken, cooked and diced

1. Heat chicken broth to boiling in large saucepan. 2. Add raw vegetables to chicken broth. Cover and boil gently until vegetables are tender, about 10 minutes. 3. Break up large pieces of tomato. Add to vegetable mixture. 4. Add thyme, pepper, and diced chicken to cooked vegetables. Simmer, covered, for 10 minutes to blend flavors. If desired, add more broth. Nutrition Information for each serving: Calories 210 Kcal Cholesterol 660 mg Sugar 5 g Calcium 60 mg Calories from fat 70 Kcal Sodium 720 mg Protein 25 g Iron 2 mg Total fat 8 g Total Carbohydrate 8 g Vitamin A 520 RE Saturated fat 2.5 g Dietary Fiber 2 g Vitamin C 20 mg

December 18, 2009

“Being prepared gives me a sense of security. If I didn’t have a kit and a year supply of food, I don’t think I would ever have a peaceful feeling in my life.” - Abigail Sadler

Basic Emergency Supply Kit:
Can opener for food

Preparedness Tip:

Canned, non-perishable food items are great for a disaster supplies kit, but they do little good if you can’t open them. On the next trip to your favorite retail, discount or kitchen supply store, pick up a manual (non-electronic) can and bottle opener for your disaster supplies kit. Most are available for less than \$10.

Wellness Recipe: Vegetable Salad

Makes 14 servings

3/4 cup vinegar
1/2 cup vegetable oil
1 cup sugar
1 tablespoon water
salt and pepper to taste
1 cup celery, diced
1 cup green pepper, diced
1 cup onion, diced
1 (15.5 ounce) can corn, drained
1 (15.5 ounce) can peas, drained
1 small jar pimientos, drained

1. Boil the vinegar, salad oil, sugar, water, salt, and pepper for 1 minute. Cool. 2. Pour over the vegetables and pimientos. 3. Refrigerate at least two hours to allow flavors to blend. Nutrition Information for each serving: Calories 180 Kcal Cholesterol 0 mg Sugar 17 g Calcium 15 mg Calories from fat 70 Kcal Sodium 200 mg Protein 2 g Iron 0 mg Total fat 8 g Total Carbohydrate 26 g Vitamin A 30 RE Saturated fat 1 g Dietary Fiber 2 g Vitamin C 20 mg

December 21, 2009

"I was so thankful that I had a year's supply of food when flood season came last year. I was able to support my family with the supply of food and also my two neighbors." - Michael Reed

Basic Emergency Supply Kit:

Complete change of clothing including a long sleeved shirt, long pants and sturdy shoes. Consider additional clothing if you live in a cold-weather climate.

Preparedness Tip:

Make a list of some non-perishable (long shelf-life) foods that:
You and your family like
Do not require cooking
Can be easily stored
Keep the list in your purse or wallet and pick up a few each time you're shopping and/or see a sale until you have built up a well-stocked stash that can sustain each member of your family for at least three days following a disaster.

Wellness Recipe: Northern Bean Soup

Makes 8 servings

8 cups water
1 pound dried great northern or lima beans (2 cups)
1/2 can (15.5 ounce) can tomato sauce
2 cups chopped ham
1 large onion, chopped (about 1 cup)
1 tablespoon instant beef bouillon
1 teaspoon salt
1/2 teaspoon pepper
1 clove garlic, crushed
2 cups mashed potatoes
2 medium carrots, cut into 1/2 inch pieces
2 medium celery stalks cut into 1/2 inch pieces (1 cup)
nonfat milk (optional)

1. Heat water and beans to boiling in large pot; boil 2 minutes. 2. Remove from heat, cover and let stand 1 hour. 3. Add tomato sauce, ham, onion, bouillon, salt, pepper, and garlic to beans. 4. Heat to boiling, reduce heat. Cover and simmer until beans are tender, about 2 hours. (Do not boil or beans will burst.) Skim fat if necessary. 5. Stir potatoes, carrots, and celery into soup. 6. Heat to boiling, reduce heat. Cover and simmer until vegetables are tender, about 45 minutes. 7. Stir in 1 to 2 cups milk or water for thinner consistency. Nutrition Information for each serving: Calories 310 Kcal Cholesterol 30 mg Sugar 7 g Calcium 130 mg Calories from fat 60 Kcal Sodium 910 mg Protein 22 g Iron 4 mg Total fat 7 g Total Carbohydrate 43 g Vitamin A 550 RE Saturated fat 2 g Dietary Fiber 12 g Vitamin C 15 mg

December 22, 2009

"Having your home covered for multiple disasters is a must. You never know what disaster is going to hit and at what time. Being prepared for all disasters is a very smart decision." - Allstate Employee

Basic Emergency Supply Kit:

Sleeping bag or warm blanket for each person. Consider additional bedding if you live in a cold-weather climate.

Preparedness Tip:

Schedule an appointment with your insurance agent to conduct an annual policy review. Make sure you are covered for different types of disasters—particularly those for which are prevalent in your area. Also, sharing information about new big-ticket purchases or home renovations can help your insurer determine whether your coverage is adequate to replace your belongings in the event they are destroyed.

Wellness Recipe: Bran Chewies

Makes 36 cookies

1/2 cup brown sugar, packed
1/3 cup light corn syrup
3/4 cup peanut butter
2 cups bran flakes cereal
1/2 cup raisins

1. In a medium saucepan, stir brown sugar and corn syrup with wooden spoon. 2. Bring to a boil, stirring constantly. Remove from heat. 3. Stir in peanut butter until smooth. Stir in bran cereal and raisins. 4. Drop by rounded teaspoons onto waxed paper. 5. Cool cookies until firm. Store in covered container. Nutrition Information for each serving: Calories 70 Kcal Cholesterol 0 mg Sugar 7 g Calcium 10 mg Calories from fat 25 Kcal Sodium 50 mg Protein 2 g Iron 0 mg Total fat 3 g Total Carbohydrate 10 g Vitamin A 30 RE Saturated fat 0.5 g Dietary Fiber <1 g Vitamin C 2 mg

December 23, 2009

"I was always worried about what would happen if a disaster hit and my children were at school. Now that I know that my children's school district has a plan a feel a lot more comfortable." - Alicia Coats

Basic Emergency Supply Kit:
Feminine supplies and personal hygiene items

Preparedness Tip:

Check your child's school website or call the school office to request a copy of the school's emergency plans. Keep a copy at home and work. Learn where the safe places are in your home for each type of disaster. Learn about the disaster plans at your business, your child's school or daycare center, or other places where you and your family spend time.

Wellness Recipe: Green Chili Stew

Makes 8 servings

2 pounds pork, mutton, lamb, or beef, cut into small pieces
3 ears corn (scrape kernels from cob) or about 3 cups frozen or canned corn
3 stalks celery, diced
3 medium potatoes, peeled and diced
2 medium potatoes, diced
5 roasted green chiles, peeled, seeded, and diced (or 2 tablespoons canned)

1. Brown meat in large pot. 2. Add remaining ingredients along with water to make a stew consistency. 3. Cover pot and simmer for approximately 1 hour. Nutrition Information for each serving: Calories 270 Kcal Cholesterol 75 mg Sugar 3 g Calcium 28 mg Calories from fat 60 Kcal Sodium 230 mg Protein 27 g Iron 3 mg Total fat 7 g Total Carbohydrate 25 g Vitamin A 13 RE Saturated fat 2.5 g Dietary Fiber 3 g Vitamin C 15 mg

December 24, 2009

"If you are prepared you shall not fear." - Joseph Smith

Basic Emergency Supply Kit:
Pet food and extra water for your pet

Preparedness Tip:

Conduct fire drills and practice evacuating your home twice a year. Drive your planned evacuation route and plot alternate routes on a map in case main roads are impassible or gridlocked. Practice earthquake and tornado drills at home, school and work. Commit a weekend to update phone numbers, disaster supplies and review your plan with everyone.

Wellness Recipe: Strawberry Yogurt Tarts

Makes 6 servings

6 prepared graham cracker tart shells
1 carton (8 ounces) strawberry yogurt
2 cups fat free whipped topping
1 pint fresh strawberries

1. Arrange tart shells on a serving platter. 2. In a small bowl, blend yogurt and 1 cup whipped topping. Spoon the yogurt mixture into the crusts. 3. Arrange strawberry slices on top of the yogurt. 4. Garnish with remaining whipped topping. 5. Chill 1 hour, or until firm. 6. Variations: Use banana slices or pineapple chunks instead of strawberries. Also, try using different flavors of yogurt. Nutrition Information for each serving: Calories 210 Kcal Cholesterol 20 mg Sugar 14 g Calcium 90 mg Calories from fat 80 Kcal Sodium 160 3 mg Protein g Iron 0 mg Total fat 9 g Total Carbohydrate 29 g Vitamin A 100 RE Saturated fat 4 g Dietary Fiber 1 g Vitamin C 30 mg

December 28, 2009

"The Red Cross program in your area is the best way to start getting prepared. They know all the emergencies and disasters that are possible in your area. Contact them now!" - Charles Brown

Basic Emergency Supply Kit:

Emergency reference material such as a first aid book or information from www.ready.gov

Preparedness Tip:

One of the first things that needs to be done to get prepared is to visit www.redcross.org. This website will help you start to prepare for any emergency or disaster that comes your way. Also, contact your local Red Cross program and they can help you get started in preparing for disaster.

Wellness Recipe: Healthy Spaghetti Sauce

Makes 10 servings

1 tablespoon vegetable oil
3/4 cup onion, chopped
1/4 teaspoon garlic powder
3/4 cup green pepper, chopped
2 (15.5 ounce) cans tomatoes
2 (15.5 ounce) cans tomato sauce
2 bay leaves
1 teaspoon basil
1/4 teaspoon pepper
1/4 teaspoon thyme
1 pound ground beef or ground turkey

1. Heat oil in large saucepan over medium heat. 2. Add onion, garlic powder, and green pepper. Heat 2 minutes, stirring occasionally. 3. Mash tomatoes into small pieces. Add tomatoes and tomato sauce to pan. 4. Add spices to tomato mixture. Cover and bring to a boil. Reduce heat and simmer. 5. Brown ground meat in skillet. Place in colander or strainer and pour hot water over meat, catching water in sink or large bowl. 6. Add meat to tomato sauce mixture and continue to simmer another 20 minutes. 7. Remove bay leaves and serve over pasta or rice. Nutrition Information for each serving: Calories 260 Kcal Cholesterol 30 mg Sugar 4 g Calcium 60 mg Calories from fat 130 Kcal Sodium 650 mg Protein 11 g Iron 2 mg Total fat 15 g Total Carbohydrate 22 g Vitamin A 170 RE Saturated fat 4.5 g Dietary Fiber 4 g Vitamin C 30 mg

December 29, 2009

"Prepare yourself with every needful thing. Don't prepare yourself with the things that you want, but prepare yourself with the things you need." - Jeffery Holland

Basic Emergency Supply Kit:

Prescription medications and glasses

Preparedness Tip:

Following a local/regional disaster, it may be easier to call long distance than locally. Have an emergency contact from outside your area, so that all your family members in the disaster area can call this person and tell them where they are during the emergency. Take a minute now to call or e-mail an out-of-town friend or family member to ask him or her to be your family's designated contact in the event of an emergency. Be sure to share the contact's phone number with everyone in the family.

Wellness Recipe: Misickquatash (Indian Succotash)

Makes 6 servings

1 cup lean ground beef
1 cup frozen lima beans, cooked and drained
1 (15.5 ounce) can corn, drained
1 (15.5 ounce) can tomatoes, broken up
1/4 teaspoon salt
1/4 teaspoon pepper
1/8 teaspoon nutmeg

1. Brown ground beef in pan. 2. Add remaining ingredients except nutmeg. Cover and simmer 5 minutes until thoroughly heated. 3. Sprinkle with nutmeg before serving. Nutrition Information for each serving: Calories 110 Kcal Cholesterol 0 mg Sugar 5 g Calcium 35 mg Calories from fat 0 Kcal Sodium 340 mg Protein 5 g Iron 2 mg Total fat 0 g Total Carbohydrate 23 g Vitamin A 65 RE Saturated fat 0 g Dietary Fiber 3 g Vitamin C 10 mg

December 30, 2009

"Help your neighbors to start to prepare for disaster. They will thank you for as long as they live if you but be a guiding hand in their lives to get started in preparedness." - Richard Smith

Basic Emergency Supply Kit:

Household chlorine bleach and medicine dropper – When diluted nine parts water to one part bleach, bleach can be used as a disinfectant. Or in an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners.

Preparedness Tip:

Pick a place to meet up after a disaster. You should have two places designated. The first should be right outside your home, in case of a sudden household emergency, such as a fire. In the event that you need to evacuate or if it is not safe to stay near or return to your home, you will need a place outside your neighborhood. After determining your meeting places, you should also:

Determine the best escape routes from your home. Find two ways out of each room. Also, determine the best two escape routes out of your neighborhood/community.

Ask an out-of-town friend to be your "family contact". After a disaster, it's often easier to call long distance. Other family members should call this person and tell them where they are. Everyone must know your contact's phone number. Find out how to care for your pets. Many shelters do not allow them because of health regulations.

Wellness Recipe: Spanish Rice

Makes 6 servings

2 tablespoons vegetable oil

½ cup chopped green pepper

¼ cup chopped onion

1 teaspoon garlic powder

1 teaspoon chili powder

1 teaspoon ground red pepper

1 teaspoon salt

? teaspoon black pepper

1 cup uncooked rice

1 (15.5 ounce) can tomatoes, chopped and undrained

2 cups water

1. Brown green pepper and onion in oil until tender. 2. Stir in the spices, rice, tomatoes with juice, and water. 3. Cover and cook over low heat for 20 minutes or until rice is done. Nutrition Information for each serving: Calories 140 Kcal Cholesterol 0 mg Sugar 3 g Calcium 30 mg Calories from fat 30 Kcal Sodium 410 mg Protein 2 g Iron 1 3.5 g Total Carbohydrate 24 g Vitamin A 184 RE Saturated fat 0.5 g Dietary Fiber 1 g Vitamin C 9 mg

December 31, 2009

Emergency preparedness is a team sport. - Eric Whitaker

Basic Emergency Supply Kit:

Moist towelettes, garbage bags and plastic ties for personal sanitation

Preparedness Tip:

Individuals should also consider having at least two emergency supply kits, one full kit at home and smaller portable kits in their workplace, vehicle or other places they spend time.

Wellness Recipe - Peanut Butter Balls

Makes one dozen

1/4 cup peanut butter

1/4 cup honey

1/2 cup nonfat dry milk

1/2 cup crushed cereal flakes

1. Mix peanut butter, honey, and nonfat dry milk in a bowl. 2. Shape into 1-inch balls. Roll in cereal. 3. Chill for 30 minutes or until firm. Nutrients Per Serving Calories 70 Saturated Fat 0.5 g Iron 0 mg Protein 2 g Cholesterol 0 mg Calcium 40 mg Carbohydrates 9 g Vitamin A 25 RE Sodium 55 mg Total Fat 2.5 g Vitamin C 1 mg Dietary Fiber 0 g