

Inclement Weather FOOD PREPARATION

When inclement weather is imminent, stock up on shelf stable, nutrient dense foods that will fuel your body well. This is not an exhaustive list. Use it to guide your shopping choices.

Canned or Pouched Proteins

Vital Choice® Wild Alaskan Canned Salmon	Wild Planet® Sardines
Vital Choice® Wild Alaskan Salmon and lower mercury tuna	Wild Planet® Tuna
Wild Planet® Wild Alaskan Salmon	Canned or Pouched Chicken Breast
Wild Planet® Anchovies	

Clean Meat Jerkies

Nick's Sticks® 100% Grass Fed Beef Sticks	Wild Zora Meat and Veggie Bars®
Nick's Sticks® Turkey Sticks	Epic Bites or Bars®
Paleo Valley® 100% Grass Fed Beef Sticks	Mighty Organic 100% Grass Fed Beef Bars®
Paleo Valley® Pasture Raised Turkey Sticks	

Shelf Stable Cheese

Moon Cheese®

Fruit Bars

That's It Fruit Bars®

Canned Fruit Packed in Water

Remember to have a manual can opener on hand
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Unsweetened Dried Fruit

Trader Joe's® No Sugar Added Dried Fruits - pears, apricots, mango, peaches, persimmon (check ingredients)	
Made In Nature® Dried Fruit	Bare® Fuji Apple Chips

Sturdy Fresh Fruits That Do Not Require Refrigeration

Apples	Pears
Bananas	Oranges

Fresh Vegetables That Do Not Require Refrigeration

Bell Peppers	Carrots (the big raw ones)	Garlic	Grape Tomatoes	Onions	Tomatoes
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Dehydrated Vegetables

Trader Joe's® Crispy Crunchy Broccoli Florets	Bare® Beet Chips	Sundried Tomatoes (in dry pouch)
Trader Joe's® Crispy Crunchy Okra	Made in Nature® Kale Chips	
Trader Joe's® Just Beets Dried Beet Chips	Made in Nature® Veggie Pops	

Healthy Fats

Nuts- pecans, almonds, cashews, Brazil, macadamia, pistachio, walnuts	Avocado
Seeds- sunflower, hemp, chia, flax	Coconut
Nut and Seed Butters- almond, cashew, peanut, sunflower, soy nut	<u>Organic Valley® Ghee</u> (grass fed cows)

Shelf Stable Milk and Non-Dairy Milk

Hermetically sealed boxed cow's milk	Almond	Cashew
Coconut- canned and shelf stable boxes	Oat	Rice

Shelf Stable Carbohydrates

Canned beans (be sure to have a manual can opener)	<u>Suzie's® Ready to Eat Quinoa</u>
<u>Tasty Bite® Heat and Serve Bengal Lentil Pouches</u>	Brown or Wild Rice
<u>Tasty Bite® Heat and Serve Bombay Lentil Pouches</u>	Quinoa
Sweet Potatoes	Oats

Healthier Crackers

<u>Crunchmaster® Nut and Seed Crackers</u>
<u>Wasa® Crackers</u>

Healthy Convenience Bars

<u>Rise Bars®</u>	<u>Lara Bars®</u>	<u>RXBars®</u>
<u>Health Warrior® Pumpkin Seed Superfood Bars</u>		

Protein Powders

<u>Reserveage® Whey Protein</u> (grass fed cows)	<u>Designs for Health® Vital Whey</u>
<u>Vital Whey® Protein Powder</u> (grass fed cows)	<u>Garden of Life Sport® Plant Based Protein Powder</u>
<u>Vega® Sport Performance Plant Based Protein Powder</u>	<u>Vital Proteins® Collagen Peptides</u>

Shelf Stable Sweet Treats

<u>Made in Nature® Coconut Chips</u> - multiple flavors
<u>Made in Nature® Nana Pops, Figgy Pops, Razzy Pops, Mango Pops</u>
Dark chocolate - 72% or higher
Dark chocolate covered nuts, seeds and coffee beans

Bone Broth

<u>Kettle and Fire® Grass Fed Beef and Chicken Bone Broth</u>
<u>Kitchen Basics® Chicken or Beef Bone Broth</u>

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