



STEPS TO TAKE

When You Cannot Refrigerate: Choose These Foods

There Are Safe Foods You Can Eat, Even When You Cannot Refrigerate

When you buy canned food, buy the size of can that your family will eat at one meal, so there are no leftovers. If cooking rice, pasta, or cereal, cook only what your family will eat at one meal, so there are no leftovers needing refrigeration.

Milk, Yogurt, and Cheese:

- Buy dry milk powder. When you make it, use it in a few hours.
- Make instant pudding with dry milk
- Buy canned processed cheese
- Buy a small carton of cottage cheese or yogurt. Eat it the same day you buy it.

Meat, Poultry, Fish, Beans, and Other Protein Foods:

- Peanut butter and nuts are good to have on hand
- Buy single servings of sardines or tuna. Use small cans of chili beans, baked beans, or refried beans.
- Buy canned garbanzo, kidney, or pinto beans
- Hard boil eggs. Eat them the same day.

Fats:

- Use vegetable oils

Fruits and Vegetables:

- Eat fresh fruits and vegetables
- Choose small-sized canned fruits, like applesauce or peaches
- Try canned vegetables
- Eat dried fruits: raisins, apricots, dates, figs, or prunes
- Buy small sized fruit and vegetable juices

Grains, Cereals, Rice, and Pasta:

- Buy instant rice, pasta, or noodles that only need hot water
- Eat hot cereals such as Cream of Wheat™, oatmeal, and grits
- Buy dry foods such as cereals, breads, and tortillas
- You could also buy bagels, crackers, pretzels, and rice cakes

