

SAFETY SENSE

Dealing With Disaster: Preparation Is The Best Defense

(NAPSA)—The United States had the most natural disasters of any country in 2007. According to the United Nations, the U.S. had 22 natural disasters, followed by China with 20 and India with 18.

According to the U.S. Department of Homeland Security (DHS), flooding is the nation's single most common natural disaster and can happen in every state. Tornadoes are nature's most violent storms and can happen anywhere. Hurricanes can cause storm surge, high winds, tornadoes and flooding. Wildfires are a major concern in drought-prone regions. And don't forget mudslides and blizzards.

Should you have to evacuate, the DHS (Ready.gov) recommends that you carry enough emergency supplies to make it on your own for at least three days. A basic emergency kit should include water, 1 gallon per person per day for drinking and sanitation; non-perishable food; battery-powered radio and flashlight; extra batteries; first-aid kit; whistle to signal for help; dust mask to help filter the air; moist towelettes; and cash or travelers checks, appropriate clothing, diapers, medications, glasses, pet food, etc.

"Think of food as fuel when you're shopping for your emergency kit," says Sunbelt Snacks Registered Dietitian Joanne V. Lichten, Ph.D., R.D., author of "Dr. Jo's How To Stay Healthy & Fit on the Road." She recommends the following items to fuel your engine during an emergency:

- Multivitamins.



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- Ready-to-eat canned (or vacuum-packed) meats including tuna, salmon, sardines and kippers.
- Canned (or ready-to-eat vacuum-packed) fruits such as peaches, fruit cocktail and apple sauce.
- Canned vegetables including corn and green beans.
- Peanut butter and jelly.
- Dried fruit including raisins, cranberries, peaches and apricots.
- Nuts.
- Whole-grain crackers, crisp flatbread.
- 100 percent fruit juice and sports drinks.
- Nonperishable pasteurized milk or powdered milk (to add to safe water source).
- Granola cereal, granola bars or fruit-filled cereal bars.

Sunbelt offers granola bars that have received the Whole Grains Council basic stamp, available only to products containing a half serving (8 grams) or more of whole grains. The bars are individually wrapped for freshness. Visit SunbeltSnacks.com for more information.