We are still in flu season, although thankfully on a downward trend; and the current COVID-19 epidemic will likely reach Northeast Texas soon. These realities make it important to remember how to best protect yourself and others from infection.

One of the best ways to respond is to stay home if you are sick. Some will have to stay home to care for a family member. It is wise to consider stocking up on at least a two week supply on water and food in anticipation that you may need to stay home for an extended period of time.

Here is a list of the BEST foods to have available when selecting emergency food supplies:

Saltine crackers

Ready to eat canned meats like Spam and tuna

Jello

Dried Chickpeas

Dried Fruit

Canned juices, fruits and veggies

Peanut butter

Non Perishable Pasteurized Milk

High energy foods

Protein or fruit bars

Food for infants

Comfort/Stress foods

Water

Resources: Ready.gov <https://www.ready.gov/food>; Dr. Carl Batt of Cornell University Department of Food Science.

Also, it is preferable to **have a manual can opener**. With canned foods, do not eat the contents if the can is showing rust, is swollen or dented, or the food smells bad. Once the can is opened, all bets are off as to how quickly the food will spoil. Do select foods that you and your family will enjoy.