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# Florida Department of Health Offers Tools for Healthy Emergency Preparedness

The Florida Department of Health is encouraging Floridians to keep health in mind when preparing for the 2015 hurricane season and other emergencies through the Healthy Emergency Food project.

“It can be difficult to make healthy choices during emergency situations,” said State Surgeon General and Secretary of Health Dr. John Armstrong. “The materials provided by this educational campaign make it easier for Floridians to choose healthier items ahead of time to include in their emergency

food supply.”

The Healthy Emergency Food educational campaign includes the following tools to help individuals and communities make a plan for healthy food ahead of an emergency:

- A planning checklist that includes examples of healthier items that can be included in an emergency supply kit. An alternate version for people with diabetes is also available.
- A downloadable poster, which can be displayed in clinic, community, faith based or other settings.
- “Emergency Foods” Video Public Service Announcement.

Healthier food choices are only one aspect of being prepared for emergencies. Make sure you and your family have a plan for all types of emergencies. For more information about creating an individual or family emergency plan and supply kit get your copy of the department’s Florida Emergency Preparedness Guide at [www.floridahealth.gov](http://www.floridahealth.gov). This guide is available in English, Spanish, Creole and large print.

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