

Eating in extreme weather

When it is hot



Stock up on non-perishable food items

- Use our sample shopping list to get started on shopping for food that is able to be stored for a long time before being eaten or used.
- Buy 1 or 2 extras in your shopping trip to slowly build up your supply.
- Consider foods like:
 - Dried and canned beans
 - Nuts, seeds, muesli bars
 - Dried fruits and vegetables
 - Canned fish and poultry
 - Grains like oats, rice and barley
 - Canned vegetables and fruits
 - Canned and dried soups
 - Long life milk and nondairy milk



Preparing a meal

- Eat cold and fresh food first.
- Follow our sample recipes to prepare a meal from non-perishable ingredients.
- Try no-cook recipes, or recipes using a BBQ or gas if there is a power outage.
- Avoid using your oven to keep your house cooler.
- If you know hot weather is coming, bulk-cook your meals a few days ahead.

Don't forget to stay hydrated!

- Have 2-3 large bottles of water in the fridge and smaller bottles to take with you if you must leave the house.
- Drink water more often.
- Limit drinks that are dehydrating like coffee, alcohol and sugary drinks.

In a power outage



Keep cold and frozen food cold

- Move food from the fridge to the freezer.
- If available, put bagged ice under food packages and trays stored in freezers and fridges if power failure lasts more than 1 hour.
- Place an insulating blanket over cold or frozen food, where possible.
- Only open fridge and freezer doors when absolutely necessary, this will keep the food and air temperature colder for longer.



Only eat food that is safe

- If food is still cold to touch (less than 5 degrees), it is safe to use.
- If it is raw meat, it should be cooked and eaten while still cold to touch.
- Eat hot food within 4 hours of it being heated or throw it away.
- If power is restored when frozen food is still frozen solid, the food is safe.

Please email wellbeing@knox.vic.gov.au for full references.

Food reminders

How to make your food go further



Pick ugly fruits and vegetables

Oddly shaped or bruised fruits and vegetables can still be used! Use mature fruit and vegetables for smoothies, juices, pickles and preserves.



Smart storage

Use airtight containers to keep food fresh in the fridge and make sure packets are sealed to stop bugs from getting in. Move older food products to the front of the fridge or cupboard and the new ones to the back.



Know your food labels

Sometimes food is still safe to eat after the 'best before' date as long as it is not damaged, deteriorated or perished. A 'use by' date tells you when food is no longer safe to eat.



Use your leftovers

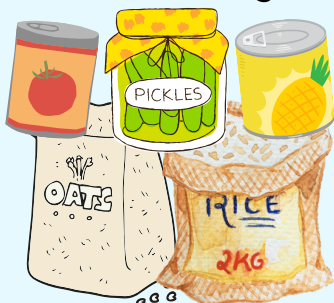
Freeze your leftovers or use them as an ingredient in another meal.

If you're having trouble getting food, help is available. Scan this code for food relief agencies or call 9298 8000 for more information.

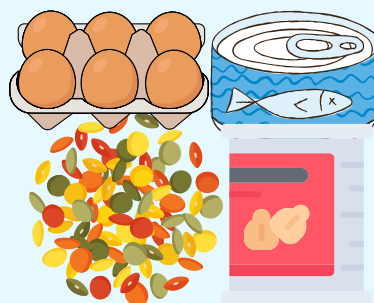


Healthy eating

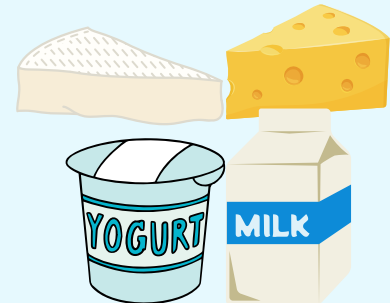
Eat plenty of vegetables, fruit and wholegrains



Include a variety of healthy protein-rich foods



Choose unflavoured milk, yoghurt and cheese



Include healthy fats and oils



Use herbs and spices to flavour foods instead of salt



Feeding babies in the heat

- If you're breastfeeding, make sure you stay hydrated and have a glass of water at each feed.
- Place a muslin wrap, pillowcase or clean cloth nappy between you and your baby if skin contact is uncomfortable in the heat.
- Place a cool, damp cloth or face-washer in the crook of your arm while feeding.
- It may be more comfortable to lie down to breastfeed to reduce skin contact. Only your baby's mouth and your breast need to be in contact.
- Sponge your baby frequently with lukewarm water, or bathe them often if their skin feels hot to touch.
- For older babies, spray them with a fine mist spray water bottle.
- Breastfeeding and bottle-fed babies don't require water unless they're over 6 months old. May require smaller feeds more often.

