

Health & Wellness

November
2025

Issue 14

Emergency Food Supplies

This month's Health & Wellness topic is **Emergency Food Supplies**. For this issue, we're going to talk about how to gather food supplies in the case of any emergency.



Contents:

*Health & Wellness
Education*
pg.2

Brain Boosters
pg.8

Our Picks of the Month
pg.10

Brain Booster Answers
pg.11

Welcome to DuPage Senior Citizens Council/Kane Senior Council's November Health & Wellness Newsletter!

We're here to bring you a new topic relating to wellness as well as new brain teasers, seasonal recipes, book recommendations, and more!

Providing Meals and More...



DuPage Senior
Citizens Council



Kane Senior
Council



Health & Wellness Education

Emergency Food Supplies

Introduction

There are many things that can bring us worry; having enough food in case of an **emergency** should **not** be one of them!



We prioritize making sure **all home-delivered meal participants** have a small supply of meals on hand in case regular delivery drivers are not able to drop off a meal.

Bad weather? No problem! Driver's car breaks down? You will still eat! Canceled a meal but ended up home anyway? Worry not!

Shelf-Stable Meals

Shelf-stable meals are **non-perishable meals** provided by **senior nutrition programs** under the **Older Americans Act (OAA)** Title III-C for use during **emergencies**, such as bad weather or power outages, when **regular** meal delivery is **disrupted**.



The meals that we provide are **room-temperature stable**, require **minimal preparation**, and are **portioned** to provide all **necessary meal components** while meeting the program's **nutritional** and **safety standards**.

Characteristics of Title III-C Shelf-Stable Meals:

- **Non-perishable:** All items can be safely stored at **room temperature** and **do not require refrigeration**.
- **Ready-to-eat or minimal prep:** All items can be consumed **as is** or with **very little preparation**, like adding water or heating.
- **Complete Meal:** Meals are designed to contain **all meal components** and meet **nutritional guidelines**.
- **Convenient:** Provided in **meal-sized portions** with **instructions** on **how to assemble** or **prepare** them
- **Emergency Supply:** Typically delivered **in bulk** to keep on hand and be used in the case of a **future emergency**

What does it
take to be a provided

Shelf-Stable Meal?

Requirements:

Nutritional Standards

Must meet the most recent **Dietary Guidelines for Americans (DGAs)** and provide at least $\frac{1}{3}$ of the daily **Dietary Reference Intakes (DRIs)** for a single meal.

Food Safety

Must comply with **state** and **local food safety** and **sanitation** requirements.

Labeling

Must include a “**use by**” or **expiration date**, and **instructions** for use.



Knowing that you have **complete meals** on hand is a great way to not have to worry when the weather starts to get bad.

Although we **provided** a **set of meals** it is important to also **plan ahead** to be prepared for other possible **missed meals** if you are not able to or are not comfortable making a trip to the store.

If the weather man is predicting a big storm it is not a bad idea to make a **quick trip** to the **store ahead of the bad weather** so that you can stay put when needed.

If the weather will only be bad for a few days grabbing all of your **normal groceries** ahead of the storm can be helpful.

Ready-to-Eat and Long-Lasting Options:

Grains: Crackers, cereal, granola, and granola bars

Dairy: powdered or non-perishable milk

Staples: Salt, sugar, pepper, and jelly

High-energy foods: trail mix and protein bars

Ready-to-eat meals: Canned soups, chili, and stew

Proteins: Canned tuna, chicken, or other meats; canned beans; peanut butter; nuts; and jerky.

Fruits and vegetables: Canned fruits and vegetables, dried fruits, and fruit cups

Comfort foods: Cookies, chips, or other favorite non-perishable snacks to help boost morale

Beverages: Bottled water (at least one gallon per person per day) and canned or powdered juices.

Variety: Include a mix of proteins, fruits, vegetables, and grains to ensure nutritional balance

Frozen TV dinner type meals (Meals-Ready-to-Eat):
A good option for immediate needs, requiring little to no preparation.

WRAP UP

When building a **small stockpile** of **emergency food**, make sure to include items that can be eaten **without heating** or using **electrical items**, in case of a **loss of electricity**.

If needed, don't forget to make sure that you have plenty of pet food, nutritional supplements and medications prior to any predicted long periods of bad weather.

For more health and wellness tips, information and resources, visit our website.



BRAIN BOOSTERS

SUDOKU

	3	1			6		9	
		5	3		7	8		
8	9			1			6	
2						4	5	1
	1	8	2		4	9	3	
9	5	4						8
	2			6			4	5
		9	5		2	1		
	8		1			2	7	

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Fill in the blank squares so that each row, each column and each 3-by-3 block contain all of the digits 1 thru 9.

NOVEMBER TRIVIA

What town is referred to as the "pumpkin capital" of the U.S?

WORD SEARCH



WORD BANK

Shelf

Convenient

Preparation

Stable

Emergency

Labeling

Stockpile

Perishable

Supply

Nutritional

Our Picks of the Month

November Recipe: Sweet Crescent Roll Pumpkins

Recipe from: Pillsbury

Ingredients:

Cinnamon Sugar Butter:

- ¼ cup butter
- 2 tbsp sugar
- ¼ tsp ground cinnamon

Pumpkin Crescent Rolls:

- 1 tbsp sugar
- ¼ tsp ground cinnamon
- 8 almonds or pecans
- 1 can Pillsbury original crescent dough sheet
- 1 tbsp butter, melted



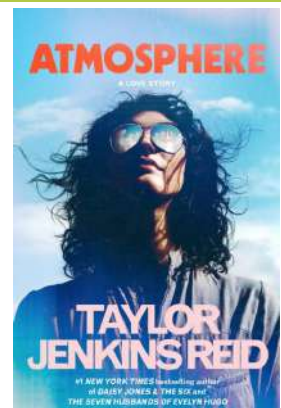
Directions:

1. Preheat oven to 375°F. Line cookie sheet with cooking parchment paper. In a small bowl, beat ¼ cup softened butter, 2 tbsp sugar, ¼ tsp ground cinnamon with spoon or electric mixer until mixed well; set aside.
2. In a small bowl, mix 1 tbsp sugar and ¼ tsp ground cinnamon; set aside. Unroll dough sheet onto cutting board and reshape into 12 x 8 inch rectangle. With pizza cutter or sharp knife, starting on short edge, cut dough into 8 (12-inch) strips.
3. Working with one strip at a time, roll slightly into 12-inch rope. Make small loop on one end, creating a short tail and long tail of dough. Wrap long tail of dough around the loop 2 to 3 times.
4. Wrap short tail of dough around edge of loop, and tuck through center, pinching to secure, creating pumpkin-shaped roll. Place onto cookie sheet, and gently press dough together in center to touch. Repeat for remaining dough.
5. Brush tops of dough rolls with melted butter, and sprinkle with sugar-cinnamon mixture. Insert almond into center of each roll (into dough) to create stem. Bake 12 to 15 minutes or until golden brown and dough is baked through. Serve warm rolls with cinnamon-sugar butter.

Our Book Pick of the Month

Atmosphere by Taylor Jenkins Reid

A novel centering around Joan Goodwin, a fictional astronaut in NASA's Space Shuttle program in the early 1980's.



ANSWER KEY

7	3	1	8	2	6	5	9	4
4	6	5	3	9	7	8	1	2
8	9	2	4	1	5	7	6	3
2	7	3	6	8	9	4	5	1
6	1	8	2	5	4	9	3	7
9	5	4	7	3	1	6	2	8
1	2	7	9	6	8	3	4	5
3	4	9	5	7	2	1	8	6
5	8	6	1	4	3	2	7	9

F	O	G	U	F	D	U	F	B	S	S	T	C	R	V
S	H	E	L	F	P	I	J	U	V	T	W	K	J	T
T	I	P	O	A	W	P	V	M	N	A	Z	L	X	Q
Z	V	P	V	J	B	L	O	C	C	B	E	I	P	H
T	S	R	L	C	P	E	N	I	J	L	T	J	E	N
X	C	E	U	O	Q	L	L	N	R	E	C	T	R	H
E	W	P	E	N	A	S	G	I	G	S	S	S	I	Z
M	X	A	L	V	Z	S	U	Q	N	X	H	T	S	H
E	G	R	K	E	F	D	H	P	G	G	A	O	H	K
R	I	A	W	N	H	D	H	P	P	V	N	C	A	F
G	N	T	G	I	J	V	Y	R	L	L	X	K	B	I
E	R	I	P	E	K	N	S	Y	A	Y	P	L	B	
N	U	O	E	N	L	H	M	B	Y	R	S	I	E	V
C	X	N	U	T	R	I	T	I	O	N	A	L	F	P
Y	T	R	P	T	N	E	S	W	E	P	F	E	J	W

Riddle Answer:

What town is referred to as the “pumpkin capital” of the U.S?

Answer: Morton, Illinois



**DuPage Senior
Citizens Council**



**Kane Senior
Council**

Providing Meals and More...

Print Monthly Meal Menus at:

www.DuPageSeniorCouncil.org/Home-Delivered-Meals-Menus

www.KaneSeniorCouncil.org/Meals-On-Wheels

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