

Emergency Preparedness

May 2008

Nancy Carlson discussed how to prepare an "emergency bag" of things we would need in case of an emergency trip, power outage, any type of unexpected situation where we would not have time to shop and prepare for our gluten-free food needs. This is a very helpful and necessary topic for us to be aware of and think about. A gluten-free emergency bag is something we should all have and some packaged food items are available out there that would work well for this - packaged rice mixes, there are some Dinty Moore products that are gluten free - lots of good ideas.