

- Ready Nutrition - <http://readynutrition.com> -

Cold Weather Preparedness

Posted By [Tess Pennington](#)

On December 4, 2009 @ 2:42 pm

Category: Reserve Supplies, Shelter and Clothing

ReadyNutrition.com

As the cold weather is making it's footprint on lands across America, we should all be reminded of the importance of [storing food](#) ^[1] in the instance of being stuck inside our homes for an unknown amount of time due to snow and ice. Having a short term supply of food can be achieved by buying a few extra items of the regular staples you use in your home each time you go to the store. Having these staples on hand will save you a miserable trip of going to the store to get these items and will keep you safe and warm inside your home.

- Pasta
- Canned Soups
- Canned Vegetables
- Water
- Coffee/Tea
- Drink Mixes
- Powdered Milk
- Bean
- Infant Needs – Diapers, Formula
- Flour
- Sugar
- Food For Pets

Staying warm in the winter also means having a ready supply of fire wood, warm clothing, and extra blankets. Going out in the cold means bundling up to maintain proper body heat. A large majority of body heat is lost at the back of the neck and at the top of the head, so make sure that you have a warm hat to go a long with the heavy winter coat and mittens. When dressing for winter weather, use the [layering principle](#) ^[2].

Winter car accidents are sometimes hard to avoid due to the dangers of blizzards, snow flurries, skidding off the road, "black ice," and other weather related accidents. Being prepared for these accidents and having the necessary supplies in the car can save your life. Having a [preparedness kit for your vehicle](#) ^[3] in the instance that you are stranded in your car is a great way to prepare for cold weather mishaps.

As the cold weather brings unexpected scenarios, be as prepared for them as possible whether you are in your home or in your car.

Article printed from Ready Nutrition: <http://readynutrition.com>

URL to article: http://readynutrition.com/resources/cold-weather-preparedness_04122009/

URLs in this post:

[1] storing food: http://readynutrition.com/resources/food-storage-getting-started_13102009/

[2] layering principle: http://readynutrition.com/resources/are-you-ready-series-emergency-clothing-part-3_27112009/

[3] preparedness kit for your vehicle: http://readynutrition.com/resources/vehicle-72-hour-kits_04122009/



Copyright © 2010 Ready Nutrition. All rights reserved.