

# Spice of Life

Nutrition Education Newsletter



July 2021

Brought to you by your  
licensed dietitian nutritionist

## Hurricane Preparedness

Hurricane season is here. It is from June to November with a peak in August. Now is the time to get prepared. Not sure what to do? Here are some tips. There are more tips in the Disaster Resource Guide.

- Freeze items such as leftovers, milk, and fresh meat.
- Freeze containers of water or buy dry or block ice to keep your refrigerator and freezer cold.
- **Water:** Store 5 gallons per person. 5 gallons is about 40 regular-size (16.9) water bottles.
- **Food:** Store at least 3-5 days of non-perishable food.
- **Prescription Medication:** Ensure you have an adequate supply, at least 4 weeks.

### It's Hurricane Season

#### Call Us

727-456-0222 ext—2241  
for updates on our  
operational status during  
a major storm.

**Keep your hurricane  
(shelf-stable) box until  
December 1** if we have to  
stop deliveries due to a  
hurricane.



**REMEMBER!**

### Holidays - No Meal Delivery

- July 5 - Independence Day
- September 6 - Labor Day

### Check our website

for the latest menu,  
nutrition newsletter.

**New!** We will start posting  
virtual activities like  
exercise classes.

### Delivery Times

Daily Meals 10:30-2:30  
Frozen Meals 8:00-4:00

### Call to cancel or hold your meals to save our volunteers a trip.

We can leave food with  
family or neighbors, but  
not unattended. Call us  
with any special  
instructions.

### July is National Ice Cream Month

The origin of ice cream is unknown but it debuted in America in the 1700s. This creamy delight was an occasional treat for mainly the rich. The 1st ice cream maker was invented in 1846.

**Did you know?** Vanilla is the most popular flavor and most of the country's ice cream is produced in California.



**Call 727-573-9444 to schedule a nutrition appointment  
with your licensed dietitian nutritionist.**

Sources: Almanac <https://www.almanac.com/content/history-ice-cream> foodsafety.gov  
USDA: <https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/emergencies/consumers-guide-food-safety-severe> Foodsafety.gov