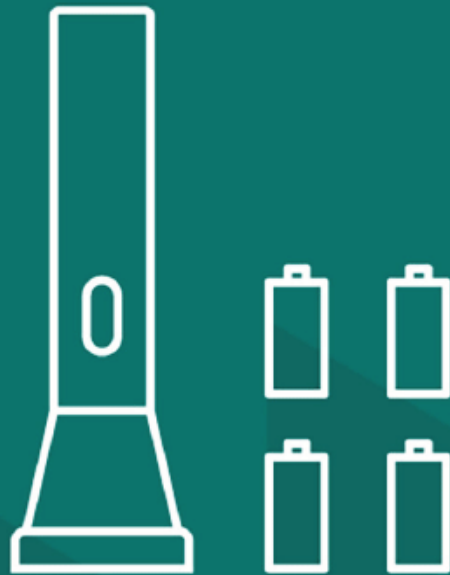


Winter Weather: Emergency Kits



When the power goes out, a flashlight and spare batteries are essential.



Every time you're grocery shopping, consider getting a few extra bottles of water.



Stock up on perishable canned goods that you can stash away. Protein-rich foods like peanut butter and canned meats are best, as they make you feel fuller, longer.

