



Hurricane Resources and Cookbook

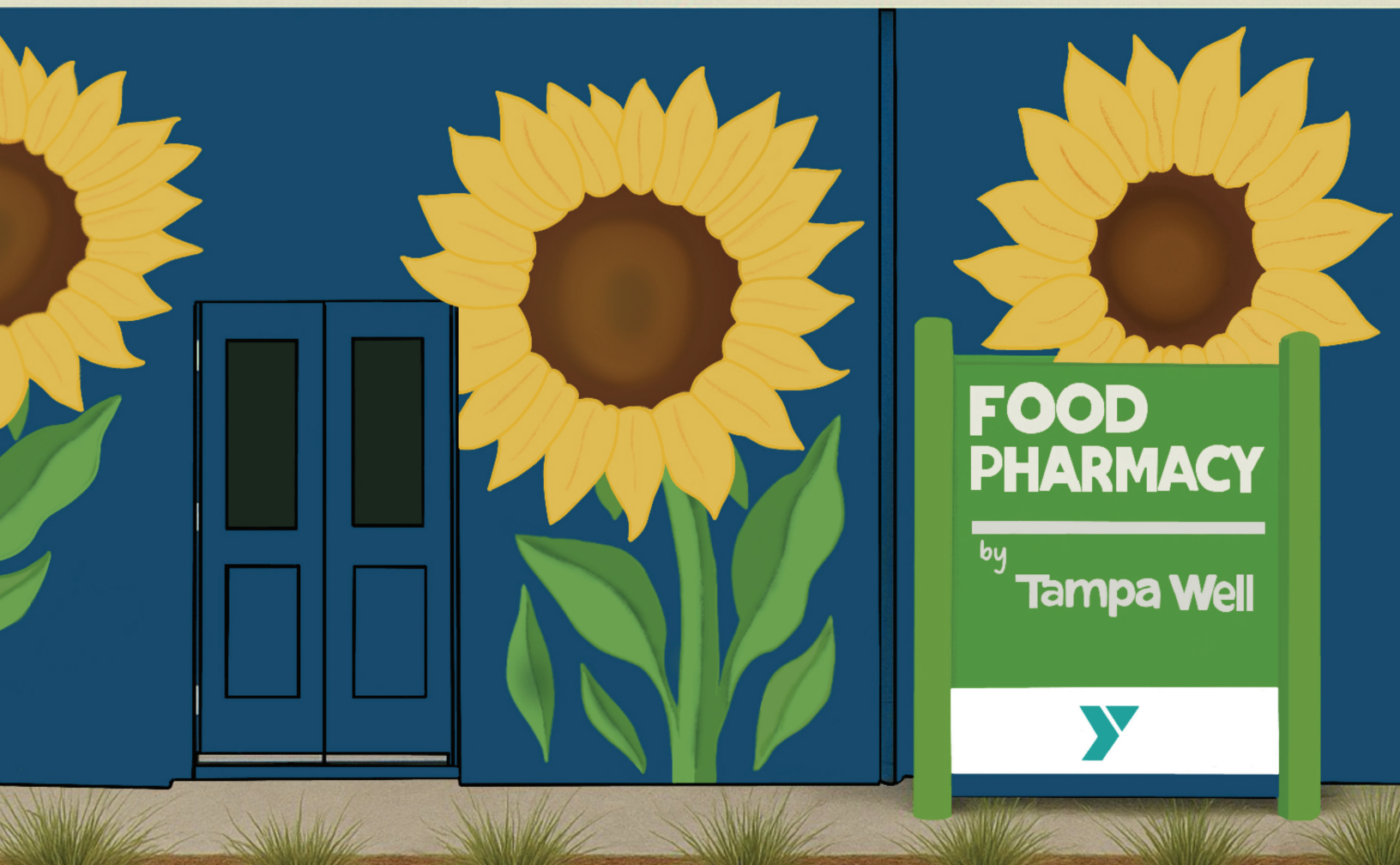


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Introduction

The 2024 hurricane season brought an unprecedented number of high-category hurricanes to the Tampa Bay region, resulting in widespread destruction. Many communities were left without power for weeks and faced severe damage to their homes, making nutrition an afterthought in the midst of recovery. While healthy eating may not seem like a priority during a major storm, preparing in advance can help ensure continued access to balanced, nourishing meals when you need them most.

Using the Cookbook:

This cookbook offers a variety of nutritious, no-cook recipes for breakfast, lunch, dinner and snacks, specifically tailored to support Tampa Bay residents during storm season. The recipes are inspired by ingredients commonly found at TampaWell's Food Pharmacy, located at 5802 N. 30th Street in Tampa. However, all these recipes can easily be adapted to ingredients available at any local grocery store. Designed with flexibility in mind, each meal can be customized to suit individual taste preferences, dietary needs and the contents of your pantry — all without the need for power or extensive cooking.



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Hurricane Tips: Before, During and After

Before

- Secure your home (trim trees, board windows, clear yard of loose objects).
- Stockpile supplies: at least 1 gallon water/person/day, non-perishables, medicine, first aid, batteries, flashlights, chargers, radio.
- Fill vehicle with gas and charge your electronics to 100%.
- Know your evacuation zone.
- Make a home inventory for insurance claims (take photos).
- Take photos of your vehicle (inside & out).
- Fill bathtub with clean water for flushing & hygiene (not for drinking).
- Plan for furry friends: locate pet-friendly shelters.
- Write down emergency numbers for your city/county.
- Pack a grab-and-go bag in case of sudden evacuation.
- Sign up for weather alerts from your local stations to stay informed.

During

- Stay away from all windows and doors.
- If flooding occurs, turn off electricity immediately.
- Keep in touch with family members.
- Listen to local officials and be prepared to evacuate if necessary.
- Do your best to keep your refrigerator closed and a cooler on hand if possible.
- While it may be hard, try to distract yourself with cards, reading or board games and stay calm.

After

- Call family to check in and assure they are safe.
- Notify your insurance agent of damages as soon as possible.
- Create a list of damaged property with photos.
- Keep a financial log of all hurricane repairs and expenses.

TampaWell Food Pharmacy

Suggested Shopping Guide



Hurricane Tip: If you plan on staying in your home during a hurricane, it is suggested you stock up to three days' worth of food per person of non-perishable items.

Protein and Beans

- ☐ Canned Black Beans (2) _____
- ☐ Canned Pinto Beans (2) _____
- ☐ Canned Chicken (2) _____
- ☐ Canned Tuna (2) _____

Fresh Vegetables

(get closer to the hurricane to avoid food waste and spoilage)

- ☐ Potatoes/Sweet Potatoes _____
- ☐ Carrots (allowable amount varies) _____
- ☐ Onions (allowable amount varies) _____
- ☐ Bell peppers (allowable amount varies) _____

Seasoning and Spices

- ☐ Salt and Pepper (1 each) _____
- ☐ Cinnamon (1) _____
- ☐ Red Chili Flakes or Cayenne (1) _____
- ☐ Garlic or onion powder (1) _____

Grains and Cereal

- ☐ Rolled oats (4 bags) _____
- ☐ Cereal of different varieties (4) _____

Fresh Fruits

(get closer to the hurricane to avoid food waste and spoilage)

- ☐ Avocados (allowable amount varies) _____
- ☐ Bananas (allowable amount varies) _____
- ☐ Apples (allowable amount varies) _____
- ☐ Lemons/limes (allowable amount varies) _____
- ☐ Oranges (allowable amount varies) _____

Canned Fruits and Veg

- ☐ Can of tomato sauce (2) _____
- ☐ Can diced tomatoes (1) _____
- ☐ Canned corn (2) _____
- ☐ Canned pumpkin (2) _____
- ☐ Can of oranges or peaches (1) _____
- ☐ Applesauce (1) _____
- ☐ Canned pears (1) _____

Dairy, Spreads, Oils, Broth

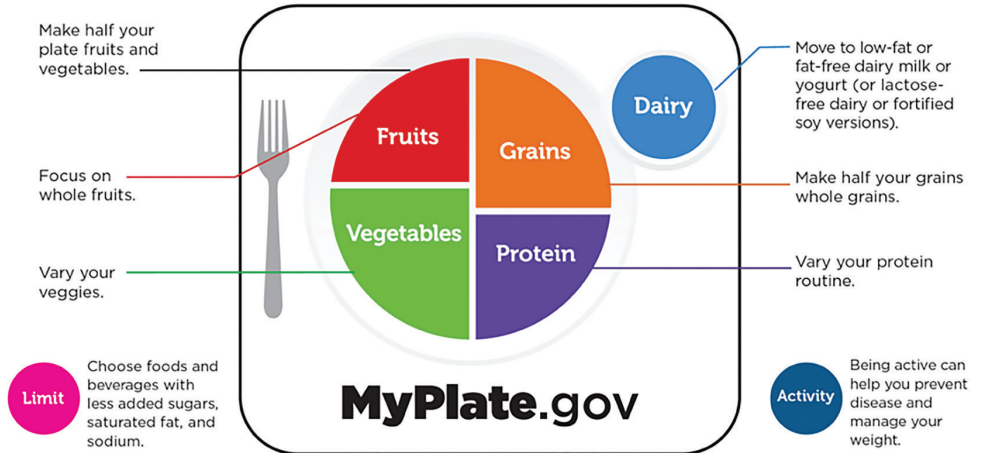
- ☐ Almond or Regular Milk (1) _____
- ☐ Olive oil (1) _____
- ☐ Peanut butter (2) _____

MyPlate and Cookbook Key

MyPlate is a nutritional guide offered by the U.S. Department of Agriculture (USDA) to help individuals make healthy eating choices by providing a visual representation of dietary guidelines. It includes fruits, grains, vegetables, proteins and dairy, and can be used as a nutritional guide during hurricane season.

Start *simple* with MyPlate

Healthy eating is important at every life stage, with benefits that add up over time, bite by bite. Small changes matter.



Cookbook Nutrition Key



Meal is dairy free



Meal includes no meat



Meal is gluten free



Meal includes no animal products

Cooking Measurement Abbreviations and Definitions

tsp or t



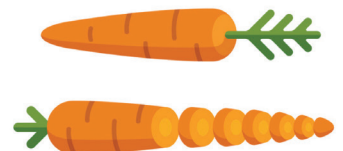
1 TEASPOON



1 TABLESPOON
tbsp or T



Cup (c)
Pint (pt)
Quart (qt)



chopped julienned diced

Tampa Bay Hurricane Resources

Emergency Management and Evacuation

- **City of Tampa Office of Emergency Management:** Provides resources for families, including emergency plans, evacuation zones and shelter information.
<https://www.tampa.gov/emergency-management/hurricane-information/hurricanes>
- **Alert Tampa:** Sign up for emergency alerts and updates.
<https://www.tampa.gov/alert-tampa>
- **FEMA:** Offers resources for disaster assistance and recovery.
<https://www.fema.gov/locations/florida>
- **Florida Division of Emergency Management:** Provides information on state-wide emergency response and recovery efforts.
<https://www.floridadisaster.org>
- **Tampa Bay Regional Planning Council:** Offers resources for all counties within the Tampa Bay region as well as general hurricane education and information .
<https://tbrpc.org/hurricane-resources>

Community Support and Relief

- **Shelter Openings and Hurricane Map Status:** Lists general-population, pet-friendly and special-needs shelters once activated.
FloridaDisaster.org/shelter-status
- **Feeding Tampa Bay:** Mass distribution of shelf-stable meals, bottled water & infant formula during hurricanes.
<https://www.feedingflorida.org>
- **Florida VOAD (Voluntary Orgs Active in Disaster):** Find local faith-based teams and organizations that help provide spiritual first aid and muck-out crews after hurricanes.
- **Disaster SNAP:** One-month allotment of electronic food benefits for households that weren't on SNAP before the storm but lost income or food.
MyFLFamilies.com/DSNAP for the county enrollment schedule or call 850-300-4323.

Mental Health Support

- **BetterHelp:** The Florida Department of Health and Department of Children and Families have partnered with BetterHelp to offer free online therapies.
- **SAMHSA:** The Substance Abuse and Mental Health Services Administration provides resources on coping with disasters and traumatic events.
<https://www.floridadisaster.org/dem/recovery/Disaster-Mental-Health-Resources>
- **2-1-1** provides free and confidential information and referral to Community Resources: Call 211 to be linked to your community provider.

Food Resource Guide Provided by Feeding Tampa Bay

- **Groceries on the Go:** This program breaks barriers by providing fresh produce and whole foods at discounted rates.
<https://feedingtampabay.org/ways-we-serve/groceries-on-the-go>
- **Trinity Cafe:** A full free service restaurant for those in need of a healthy meal.
<https://feedingtampabay.org/ways-we-serve/trinity-cafe>
- **Mobile Pantries:** Mobile pantries bring fresh groceries to food deserts where quality, affordable foods are lacking and serves the Tampa Bay region 6 days a week.
<https://feedingtampabay.org/findfood>

Breakfast

Breakfast kick-starts your body and brain by replenishing your glucose to boost energy levels and alertness while helping with brain performance.

Oat Power Bowls

A modified version of overnight oats. Use this oat recipe as a simple start to your morning with easy customizations, using whatever you have in your pantry. Top with bananas, berries, nuts/seeds or anything else you want.

SERVES: 1 | PREP TIME: 5 | 2.5 CARB EXCHANGES

Ingredients

- 1/3 cup old-fashioned rolled oats
- 1/2 cup shelf-stable milk (almond or 1% milk are good options)
- 1 tbsp peanut butter

Dietitian Notes:

- 1/2 tsp cinnamon
- Splash of vanilla extract
- Bananas are a shelf-stable option
- Strawberries or blackberries to use up your fruit
- Nuts or seeds are good options
- Canned fruit like peaches, mandarin oranges, or pears

Instructions

1. In a jar, cup or bowl, combine oats, milk or water, sweetener, and any optional toppings or add-ins.
2. Stir well to ensure oats are fully soaked.
3. Top the oats with toppings of your choice (bananas are a great shelf-stable option)
4. Stir again before eating and eat immediately

Note: Once you open shelf-stable milk, it does need to be refrigerated or kept cool. Unsweetened almond milk counts as 0 exchanges and is a great option for reducing carbohydrates in a recipe.



Cereal with Fruit

Using shelf-stable milk with cereal is a great hurricane-friendly option that can be enhanced with fruit or seasonings like cinnamon and bananas.

SERVES: 1 | PREP TIME: 5 | 2.5 CARB EXCHANGES

Ingredients

- 1 cup of cereal (follow serving guidelines on box)
- 1/2 cup shelf-stable milk (almond or 1% milk offers 8 grams of protein per serving)

Optional Toppings:

- Bananas can provide fiber
- Cinnamon can add more flavor
- Peanut butter for protein

Instructions

1. In a jar, cup or bowl, combine cereal of your choice and milk
2. Top with optional fruit and toppings of your choice

Note: Once you open shelf-stable milk, it does need to be refrigerated or kept cool. Unsweetened almond milk counts as 0 exchanges and is a great option for reducing carbohydrates in a recipe.



Peaches and Cream Cup

This breakfast option is a play on the famous “peaches and cream” dessert, but as a healthier breakfast option with fiber and protein from the milk. It relies on shelf-stable items to get your fruits and grains in and is a quick and simple hurricane meal.

SERVES: 1 | PREP TIME: 5 | 3 CARB EXCHANGES

Ingredients



- 1/2 of a can of peaches in 100% juice (about 1 cup), drained, with 2 tbsp juice set aside
- 1/4 cup shelf-stable 1% milk
- 1/4 cup of oats

Optional Toppings:

- 1 tsp honey or maple syrup (if you like it sweeter)
- Pinch ground cinnamon
- 2 tbsp chopped up rice crispies for crunch

Instructions

1. Open the can and press the lid down to release the juice. Drain the fruit, and either drink or reserve the juice for hydration. (You can also save the leftover juice to use as a sweetener for other recipes in this book).
2. Halve large peach slices for bite-size pieces
3. Measure 1/4 cup of shelf-stable milk into a cup
4. Layer peaches, milk, cinnamon, chopped rice crispies or oats for a nice crunch — and enjoy

Note: Unsweetened almond milk is also 0 exchanges and is a great alternative for a reduction in carbohydrates in a recipe.



Lunch

Helps maintain energy and focus throughout the day. Skipping lunch can cause fatigue and lead to a decrease in productivity.



Avocado Tuna Boats

Avocado Tuna Boats are a fun way to use up your avocados during a hurricane. This meal includes healthy fats, protein and vegetables, and is easily customizable to your taste preferences.

SERVES: 2 | PREP TIME: 15 | 0 CARB EXCHANGES

Ingredients



- 2 large ripe avocado (still firm enough to hold its shape)
- 1 can tuna, drained
- 1 tbsp olive oil
- 1 tsp lemon or lime juice
- 1/4 a yellow onion, diced
- 1/2 a bell pepper, diced
- 1/4 cup diced tomato (fresh or canned)
- Splash of lemon or lime juice

Instructions

1. Start by halving and pitting your avocados
2. Scoop a bit of flesh from the center to widen each "boat," reserving the extra for the filling
3. Mix filling in a separate bowl by combining tuna, olive oil, lemon juice, diced onion and the reserved avocado mash
4. Season with pepper, onion powder, garlic and cayenne or red chili flakes if desired
5. Fill the boats by spooning tuna mixture into each avocado half, mounding slightly



Raw Sweet Potato Salad

This Raw Sweet Potato Salad was inspired by the WellFed Community's June recipe demonstration at the food pharmacy. This recipe uses raw sweet potato which is rich in vitamin C and fiber. Sweet potatoes are also a great shelf-stable item to have on hand for hurricane season.

SERVES: 3 | PREP TIME: 20 | 1.67 CARB EXCHANGES

Ingredients



- 2 medium sweet potatoes, peeled, spiraled, shredded or julienned
- 1 small carrot, shredded
- 1/2 bell pepper of any color, thinly sliced
- 1 whole apple, sliced
- 1 white onion, finely julienned
- 1/2 avocado, cubed
- Can of chicken or tuna on top

Optional: Crushed rice puffs for an added crunch

Dressing Options 2 Ways

Classic Vinaigrette

- Use an acid as your base: This could be ½ the juice of a lemon or vinegar
- 1/2 cup extra-virgin olive oil
- 1–2 tbsps water (to thin as needed)
- Season with pepper, onion, basil, Italian seasoning, garlic, cayenne to personal taste

Optional: 1 tbsp honey or sugar if you have it on hand (balances out the acidity)

Thai Inspired Peanut Dressing

- 1/2 cup of peanut butter
- 1/4 cup of lemon juice
- 3 tbsp extra-virgin olive oil
- 1–2 tbsps water (to thin as needed)
- Season with pepper, onion, garlic, cayenne to personal taste

Optional: 1 tbsp honey or sugar if you have it on hand (balances out the acidity)



Instructions

1. Start prepping the fruits and vegetables by peeling, shredding, spiraling, or julienning the sweet potato, onion, carrots, apple, and bell pepper
2. In a cup, combine the ingredients for your preferred dressing, then gradually stir in water until creamy and pourable. Add spices to taste.
3. In a large bowl, toss the raw fruits and vegetables with the dressing
4. Top with canned chicken or avocado for extra protein and healthy fats
5. Serve immediately, or let sit 10–15 minutes to slightly soften the sweet potato and enjoy

Note: By adding a variety of seasonings and spices to your dressing, you can add flavor without adding unwanted salt.



Tuna or Chicken Wraps

This protein-packed lunch idea uses the leftover lettuce you have in your fridge to use as an alternative to bread for a quick, easy meal. Use your lettuce up early once the power goes out to avoid spoilage and food waste.

SERVES: 2 | PREP TIME: 10 | 1 CARB EXCHANGE

Ingredients



- 1 can of chicken or tuna, drained
- 1 large ripe avocado (still firm enough to hold its shape)
- 1/2 can of black beans
- 1 tbsp olive oil
- 1/4 diced yellow onion
- 1/2 diced bell pepper
- 1/4 can diced tomato
- Splash of lemon or lime juice
- Pepper, garlic powder, chili flakes and any other seasonings of your choice

Instructions

1. In a large bowl, mix the chicken or tuna, beans, diced onion, olive oil, bell pepper, lime or lemon juice and seasonings of your choice
2. Gently wash, pat dry and lay out your lettuce leaves
3. In another small bowl, peel, pit and mash the avocado
4. Spread a thin layer of mashed avocado onto each lettuce leaf
5. Spoon about 1/3 cup of the tuna or chicken mixture onto each leaf
6. Fold and eat taco- or burrito-style, and enjoy immediately
7. As with all opened cans, discard any leftover filling if left out for more than 2 hours at warm temperatures

Optional: If you do not have lettuce on hand, you could use whole grain bread or crackers as an alternative



Chilled Pumpkin Soup

This Chilled Pumpkin Soup is a simple, refreshing and nourishing option for warm-weather days or when electricity is limited. Made with shelf-stable ingredients like canned pumpkin and bottled water, it's an easy meal to prepare during hurricane season.

SERVES: 2 | PREP TIME: 10 | 2.75 CARB EXCHANGES

Ingredients



- 1 can pumpkin purée
- 1 1/2 cups almond or 1% milk (based on your preference)
- 1/2 cup bottled water (adjust for thickness)
- 1 tbsp lemon or lime juice
- Black pepper, onion powder, garlic powder, cumin and Italian seasoning

Optional: 1 tbsp maple syrup, honey, or sugar to balance the pumpkin purée

Instructions

1. In a medium bowl, whisk together the pumpkin purée, milk, bottled water and lemon or lime juice until smooth (a fork works if you don't have a whisk)
2. Stir in your sweetener of choice and seasonings to taste
3. Taste and adjust with extra spices or water to reach your desired flavor and consistency
4. Serve & garnish by ladling into cups or bowls and sprinkling with toppings of choice

Optional: Top with bread, pumpkin seeds or parsley if you have some in your pantry

Note: By adding a variety of seasonings and spices to your soup, you can add flavor without adding unwanted salt.



Dinner

Not only can dinner provide valuable family time, it helps replenish the essential nutrients that were used during the day by the body.



Hurricane Gazpacho

Gazpacho is a chilled Spanish soup made with raw vegetables and a tomato base. This hurricane-friendly version skips blending and power use, offering a simple, refreshing meal to get you through the storm.

SERVES: 2 | PREP TIME: 15 | 1 CARB EXCHANGE

Ingredients



- 1 can diced tomatoes (or fresh tomatoes that are peeled, crushed by hand)
- 1 cup canned tomato sauce
- 1/2 cucumber, finely diced
- 1 small bell pepper of any color, finely diced
- 1 small white onion, finely diced
- 2–3 tbsp olive oil
- 1–2 tbsp red wine vinegar or sherry vinegar if you have in your pantry (lemon juice as an alternative)
- Pepper, garlic, onion powder and black pepper to taste



Optional: Add pinch of cumin or paprika for extra flavor or a slice of stale bread soaked in water, then mashed (for thickness) or garnished like croutons

Instructions

1. Pour the canned tomatoes (with juice) into a large bowl and mash them with a fork into a soup-like texture
2. Stir in the tomato sauce
3. Finely dice the cucumber, bell pepper and onion. Mince or mash further if possible for smoother texture
4. Add to the tomato based
5. Add olive oil and your choice of vinegar or lemon juice. Season with pepper and other spices, and stir thoroughly to combine
6. If you have a cooler or ice, chill the soup for at least 30 minutes. If not, let it sit covered at room temperature for 30 minutes to allow the flavors to marry
7. Serve and eat with crusty bread, croutons and a drizzle of extra olive oil on top

"Cowboy Caviar" Bean Salad

A fresh, tangy protein packed meal which is perfect for hurricanes and healthy snacking. It is easy to scale up or scale down depending on family size and has a long shelf life with canned ingredients that can be found on the shelves of the food pharmacy. Eat this as a main or side dish.

SERVES: 6 | PREP TIME: 30 | 2 CARB EXCHANGES

Ingredients



- 1 can black beans, drained and rinsed
- 1 can pinto beans, drained and rinsed
- 1 can of corn, drained and rinsed
- 1 cup canned diced tomatoes, drained
- 1 small bell pepper of any color
- 1 small white onion, diced
- 2–3 tbsp lime or lemon juice
- Seasonings of your choice

Optional:

- Avocado cubes for healthy fats
- Canned chicken or tuna for extra protein

Dressing

- 1/2 cup olive oil
- 2–3 tbsp lime or lemon juice (or any acidity of your choosing)
- 1/2 tsp garlic powder and 1/2 tsp onion powder
- Pepper, chili flakes, onion powder to taste

Instructions

1. Open all cans, drain liquid, and combine all vegetables and beans into a large bowl
2. In a small cup or jar, whisk or shake the dressing ingredients thoroughly until all the ingredients are emulsified as possible
3. Pour dressing over the mixture and mix to coat evenly
4. Let it sit for 15–20 minutes to let the flavors marry
5. Add avocado or canned chicken prior to serving (if using)
6. As with all opened cans, toss any leftover filling after 2 hours at warm temps



Zucchini Spaghetti

This recipe is inspired by the WellFed Community's July recipe demonstration at the food pharmacy. It uses spiralized zucchini as a low carb alternative to pasta with a spiced-up tomato sauce. This dish can be modified and protein like canned chicken can be added to bulk up the dish with protein to make it more filling.

SERVES: 2 | PREP TIME: 15 | 1.75 CARB EXCHANGES

Ingredients



- 2 medium zucchinis, spiralized
- 2 cans of tomato sauce
- 1/2 an onion, diced
- 1 can diced tomato or fresh tomato, diced
- Seasonings like oregano, garlic/onion powder, basil, Italian seasonings, red chili flakes, cayenne or any seasonings of your personal preference

Optional: Canned chicken for extra protein

Instructions

1. Wash and trim the ends of the zucchini
2. Spiralize the zucchini into long strands using a spiralizer or use a vegetable peeler for wider "noodles"
3. Optional: You can toss the zucchini noodles with a pinch of salt and lime juice to draw out some moisture and enhance flavor and if you do this, set aside and let rest for 20 minutes
4. Combine diced tomatoes, canned tomato sauce, seasonings of your preference, and onions into a bowl and mix to make your sauce
5. Plate zucchini noodles, top with pasta sauce and canned chicken if desired



Pad Thai with Zucchini Noodles

Similar to the spaghetti dinner dish, this recipe uses zucchini as the base for a low carb no-cook alternative to pasta and this dish is inspired by the well loved pad Thai made without power. All ingredients, toppings, and seasonings are easily substitutable or adjustable. This dish uses a creamy peanut butter dressing to bring the entire dish together while also providing extra protein.

SERVES: 2 | PREP TIME: 15 | 1 CARB EXCHANGE

Ingredients



- 2 medium zucchinis (spiralized or julienned by hand)
- 1/2 cup shredded carrots
- 1/4 cup chopped green onions

For the Sauce:

- 3 tbsp peanut butter
- 1 tbsp lime or lemon juice
- 1/2 tsp garlic powder
- 1–2 tsp water to thin

Optional:

- 1/2 tsp ginger powder or 1 tbsp soy sauce
- 1 tsp honey or maple syrup (can be sugar or any sweetener you have on hand)

Instructions

1. In a bowl, mix all your sauce ingredients until smooth and add water as needed until you reach your desired consistency and then set aside
2. Prep vegetables by shredding the carrots and chopping green onions
3. Wash and trim the ends of the zucchini and spiralize the zucchini into long strands using a spiralizer or use a vegetable peeler
4. Pat the zucchinis dry with a paper towel to remove any excess moisture
5. To assemble, toss the zucchini, carrots, green onions, chicken and toppings in a bowl
6. Add sauce to the bowl and mix to coat all ingredients in the peanut sauce
7. Sprinkle with chili flakes, peanuts and a lime wedge if desired





Snacks

Healthy snacks throughout the day can help you regulate your blood sugar levels, prevent energy crashes, and can help improve your protein and nutrition intake.



No-Bake Oat Pumpkin Bites

This no-cook recipe is packed with fiber from the oats, protein from the peanut butter, and has a touch of sweetness from the applesauce. It is a great snack for those who are looking for a sweet treat, but be careful because they will be sticky but delicious.

SERVES: 4 | PREP TIME: 5 | 1.75 CARB EXCHANGES

Ingredients



- 1 cup rolled oats
- 1 can of pumpkin puree
- 1/4 cup peanut butter
- 2 tbsp apple sauce (or honey/maple syrup if on hand) for sweetness
- 1/4 tsp cinnamon

Optional:

- 1/4 cup mini chocolate chips
- Chopped nuts/seeds
- 1/4 tsp nutmeg or ginger for extra flavor

Instructions

1. Mix the wet ingredients in a bowl by combining the pumpkin puree, peanut butter, and applesauce
2. Add dry ingredients by stirring in oats, spices and seeds (if the mixture is too wet, feel free to add more oats or adjust dry ingredients)
3. Fold in chocolate chips or nuts if using
4. Chill (optional but helpful)
5. Roll Into Balls by using your hands or a spoon to form 1-inch bites (this recipe should make 10 small pumpkin bites)



Peanut Butter Apple Nachos

One of the easiest but tastiest recipes in this TampaWell cookbook. This recipe uses apples and peanut butter to whip together a sweet balanced snack with your own customizable toppings.

SERVES: 2 | PREP TIME: 10 | 1.25 CARB EXCHANGES

Ingredients



- 2 apples (any variety — Honeycrisp or Granny Smith work great)
- 2–3 tbsp peanut butter
- 1/4 a cup slightly crushed cereal for extra crunch (corn flakes or crispy rice cereal are both great options)

Optional Toppings:

- 1 tbsp mini chocolate chips
- 1 tbsp shredded coconut
- 1 tbsp raisins or dried cranberries
- A sprinkle of cinnamon
- Any nuts or seeds on hand
- A drizzle of honey or maple syrup

Instructions

1. Slice apples thinly into rounds or wedges and remove the apple core and seeds
2. Spread apple slices on a large plate or platter, overlapping each piece like nachos
3. Stir peanut butter thoroughly to avoid any separation of the peanut butter from the oil
4. After stirring, drizzle over the apples with a spoon
5. Top with your choice of granola, chocolate chips, coconut, raisins and a sprinkle of cinnamon
6. Finish with a drizzle of honey or maple syrup if desired



Banana Sushi

An easy and tasty snack idea that can be customized using staples in your pantry and will help keep you full throughout the day. Eat immediately after preparation to prevent the bananas from browning.

SERVES: 1 | PREP TIME: 5 | 3 CARB EXCHANGES

Ingredients



- 1 banana
- 2 tbsp peanut butter
- 1/2 a cup corn flakes or crispy rice cereal

Optional Toppings:

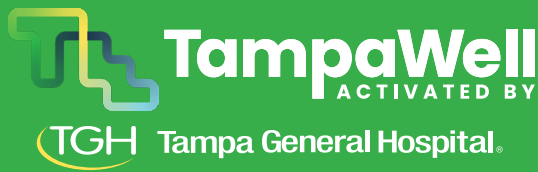
- 1 tbsp mini chocolate chips
- 1 tbsp shredded coconut
- 1 tbsp raisins or dried cranberries
- A sprinkle of cinnamon
- Any nuts or seeds on hand

Instructions

1. Start by peeling and cutting the banana into small slices
2. Using a knife, spread peanut butter around the outside of each banana slice
3. Roll sushi pieces in crispy rice cereal or crushed up corn flakes

Additional Rolling Options: Roll pieces with whatever you have in your pantry





Empowering communities. Transforming lives.

TampaWell, activated by Tampa General Hospital in partnership with the City of Tampa, is a revolutionary health and wellness initiative with the goal of making Tampa the ultimate wellness destination in the United States. Our mission at Tampa General Hospital is to empower communities and transform lives. TampaWell is the embodiment of this mission. This endeavor focuses not only on preventative health to reduce chronic disease and prevent individuals from experiencing repeated hospitalizations; it also supports the city's most at-risk residents by addressing underlying social factors that impact health. This multi-year effort focuses on three areas: Regular movement, healthy eating and access to healthy food, and positive mental wellness.

Through collaboration with the City of Tampa and by engaging additional community partners, we can ultimately extend the wellness revolution to every neighborhood across our city. Here are some of the innovative and exciting things we have accomplished over the last two years:

- Build and open the TampaWell Community Garden and Food Pharmacy: A unique gathering place that will nourish the bodies and minds of residents in East Tampa.
- Promote Positive Mental Wellness: Establish and deliver positive **mental wellness programs**.
- Deliver Healthy Connectivity: Download the **TampaWell app** to spread the word and raise awareness of ways to be TampaWell.
- Bring Community Members Together: TGH and our partners organize **wellness events around the community** and help other event organizers empower Tampa Bay to be well. You can post your event on TampaWell's calendar for community members and visitors to see!

This booklet was created by our intern, Kylie Taylor, Master of Public Health in Environmental and Occupational Health student at USF.