

In a Pinch (or Emergency) Tuna Salad

You never know when a disaster is going to strike, so you always want to make sure that you are prepared. This recipe is perfect to throw the ingredients into a bowl and keep with your disaster supplies. Find more disaster preparation tips at <http://texashelp.tamu.edu>. Talk to your family about your disaster plan, and if you don't have one, take time to create one.

- 1 (5 ounce can) of tuna (chicken can also be used)
- 4 fast food packets of mayonnaise (equivalent to 1/4 cup)
- 1 fast food packet of mustard (equivalent to 1 tsp)
- 1 fast food packet of pickle relish (equivalent to 2 tsp)
- Salt and pepper to taste
- Package of crackers
- 1 Bowl with lid
- 1 Spoon
- 3 plastic forks
- 1 can opener

Place all ingredients and supplies in the bowl and place lid on top. Can be stored for 12 to 18 months.

To prepare Tuna:

Combine tuna, mayonnaise, mustard, pickle relish, and pepper in a bowl and mix well. Serve immediately with crackers.

Serves 3

Encourage your family to make mealtimes meaningful by having conversation. Not sure what to talk about? Here is an idea!

Review the tips at <http://texashelp.tamu.edu> and create a family disaster plan. Discuss with your family what you will do for the different kinds of disasters including a place where everyone can meet up in case of an evacuation.

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