



Honey: A Natural Essential for Emergency Preparedness

Why Keep Honey in Your Emergency Kit?

- **Long Shelf Life:** Honey never spoils when stored properly, making it a dependable long-term food source.
- **Natural Energy Boost:** Provides quick, sustained energy when you need it most.
- **Nutrient-Rich:** Contains natural enzymes, antioxidants, and trace minerals.
- **Compact & Versatile:** A small jar delivers big value in multiple situations.

Practical Uses in Emergencies

- **Food & Nutrition:** Eat by the spoonful for quick calories. Add to tea, oatmeal, or bread.
- **Soothing Remedy:** Helps calm sore throats and coughs. Mix with warm water or tea.
- **Wound Care (Minor Cuts & Burns):** Naturally antibacterial, can serve as a protective barrier in a pinch.
- **Preservation Aid:** Helps extend the life of certain foods.

Storage Tips

- Keep sealed in a container.
- Store at room temperature.
- If crystallized, gently warm to restore texture.

Why Choose Local Honey?

- Fresher and minimally processed.
- Supports local beekeepers and pollinators.
- Richer, more distinct flavor.

Quick Tip: One jar = food, first aid, and comfort.
A simple, powerful addition to any emergency kit.