

Hurricane Food Supply Shopping List

By

Carolyn Hendry Wyatt, Extension Agent III, 4-H/Family & Consumer Science

Hurricane season is upon us again! Keep in mind that a minimum 3-day supply of food and water is recommended. The following is a checklist when considering what foods and how much of each is recommended. This was developed by Extension Agents in the 11-county South Central District. Foods to choose and think about are the following:

- Shelf-stable foods (non-perishable foods that don't need cooking or refrigeration) that are easily prepared.
- Foods that appeal to family members.
- Foods that are calorie- and protein-rich to help maintain energy and strength.
- Foods needed to meet special dietary needs (such as for babies & toddlers, the elderly, diabetics and sick people).
- Single serving (snack-sized canned goods) or one-meal canned foods to avoid leftovers.
- Instant meals/soup mixes/powdered foods/freeze-dried foods that will need water for reconstituting.
- Foods packaged in cans or solid plastic containers will be more secure. For foods packaged in lightweight plastic or paper, place them inside heavy zipper-lock plastic bags.
- Avoid a lot of salty foods that will make you thirsty (dried foods like jerky, chips, crackers, etc.)
- Avoid glass jars/bottled foods that are heavy/bulky/breakable.

Following are food groups with recommended choices in each that should prove helpful as you shop:

DAIRY GROUP

- Canned milk
- Shelf-stable "boxes" of milk

BREAD & CEREAL GROUP

- Granola bars/compressed food bars
- Crackers/snack crackers packs
- Dry, ready-to-eat cereals
- Instant oatmeal (requires safe water to reconstitute)

FRUIT GROUP

- Dried fruits
- Trail mixes (blends of granola, nuts, seeds, dried fruits)
- Canned fruits
- Canned juices
- Shelf-stable "boxes" of juices

PROTEIN GROUP

- Peanut butter/jelly
- Nuts
- Canned beans/chili
- Canned fish, chicken, meats

VEGETABLE GROUP

- Canned vegetables
- Canned soups

DRINKING WATER

- **1 gallon per person per day** (3 days minimum supply per person for drinking, food preparation, basic hygiene)
- Water for pets

PET NEEDS

- Pet food and treats

OTHER FOOD ITEMS

- Medications/vitamins
- Staples like sugar, salt, and pepper
- Comfort/Stress Foods like hard candy, cookies
- Instant coffee, tea bags, cocoa
- Soda
- Special dietary foods (like ready-to-eat baby formula)

NON-FOOD ITEMS

- Manual can opener
- Scissors for plastic and foil packages
- Plastic utensils
- Disposable plates, bowls, cups
- Plastic zipper-lock bags (various sizes)
- Paper towels, napkins
- Toilet paper
- Sanitary hand wipes
- Alcohol-based hand sanitizer
- Garbage bags

FOR POST-HURRICANE CLEAN-UP

- Newly purchased, unscented liquid household bleach (5.25% sodium hypochlorite)
- Rubber gloves

This helpful checklist can be taken with you as you shop. I hope it will prove to be a valuable resource as you make your plans to be prepared during the next six months. My hope is that you will never need to use this list, but it's always smart to plan for the worst and hope for the best. If you have further questions about hurricane preparations, you may call the Hardee County Extension Office at 863-773-2164.

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