

Weather Disaster Food and Supply Shopping List

THE BASICS

Stocking up for (and after) the storm

Being prepared for a disaster could save your life. Learning what to do is your responsibility and your best protection. Shop and prepare early while supplies are plentiful. And remember when preparing to consider all members of your family, including your pets.

CONSIDER PRIOR TO THE EVENT

- Buy early and stock up
- Minimum 3-day food, water supply is recommended
- Shelf-stable foods (easy-prep, non-perishable items that need no refrigeration)
- Foods that appeal to family members
- Baby foods for young children
- Baby formula for infants
- Foods that meet special dietary needs such as low sodium, low sugar
- Foods that are protein and nutrient dense
- to maintain strength and energy
- Single servings (snack sized or one-meal canned foods) to avoid leftovers
- Instant meals, soup mixes, freeze-dried, powdered foods that will require water for reconstituting
- Foods packaged in cans or solid plastic containers
- Avoid foods high in sodium such as jerky, chips, crackers, etc.
- Avoid storing glass jars or bottled foods that are heavy, bulky, and breakable

SHOPPING LIST

Dairy

- Canned milk
- Shelf-stable boxes of milk
- Powdered milk
- Shelf-stable puddings

Grains

- Dry, ready-to-eat cereals
- Instant oatmeal (note: requires safe water)
- Whole grain wraps, tortillas
- Whole grain pasta, rice
- Granola bars, compressed food bars
- Low sodium cracker

Fruits

- Apples, bananas, raisins
- Canned or shelf-stable boxes of 100 percent fruit juice
- Dried and canned fruits
- Trail mixes (blends of granola, nuts, seeds, and dried fruits)

Vegetables

- Carrot sticks
- Canned vegetables
- Canned stew
- Canned low-sodium soup

Proteins

- Peanut butter
- Nuts
- Canned beans and refried beans
- Canned chili, fish, chicken, and meats

Drinking Water

- 1 gallon per person per day for a 3-day minimum to supply drinking, food preparation and basic hygiene needs (double for hot weather and if needed with medication)
- Water for pets

Pet Needs

- Pet food and treats
- Pet medications
- Water
- Cat litter and other special needs of pets

Other Food Items

- Medications and vitamins
- Sugar, salt, pepper
- Instant coffee, tea bags, cocoa
- Comfort foods, like hard candy and gum
- Baby foods and infant formula

Non-Food Items

- Manual can opener
- Scissors for packaging, etc.
- Disinfecting wipes
- Cutting boards (2)
- Plastic utensils
- Disposable plates, cups, and bowls
- Plastic zipper-lock food bags
- Paper towels, napkins
- Toilet paper
- Sanitary hand wipes and alcohol-based hand sanitizer
- Garbage bags and ties
- Thermometers (2) – refrigerator, freezer
- Charcoal grill, lighter fluid, and matches

Post-Disaster Cleanup Items

- Unscented liquid bleach (5.25 percent sodium hypochlorite), with dedicated measuring spoon/dropper
- Rubber gloves
- Paper towels
- Sanitizing formula in labeled spray container
- Trash bags

FOLLOW THESE FOOD SAFETY TIPS

1. Freeze water in plastic containers (not used milk cartons) for ice chest or to fill freezer space.
2. Keep thermometers in your refrigerator and freezer; refrigerator temperature should read 35-40 degrees Fahrenheit (F), and zero for the freezer.
3. Use perishable food from the refrigerator within 4 hours, after extended power outage.
4. Use foods in the freezer within 2-4 days, after extended power outage, provided freezer stays below 40 degrees F or ice crystals remain on foods.
5. Use non-perishable foods and staples.

Many foodborne illnesses are tasteless and odorless.
WHEN IN DOUBT, THROW IT OUT!!