

Use this list to create your hurricane emergency kit, aim for at least 3 days of food and water.

PROTEIN

- Canned meat packed in water** (tuna, chicken, salmon, turkey)
- Nut/seed butter** (peanut butter, almond butter, sunflower seed butter)
- Low-sodium or no salt added canned beans and lentils
- Low-sodium jerky
- Low-sodium canned soup** (chicken noodle, minestrone, vegetable, tomato, lentil)
- Unsalted nuts and seeds** (almonds, walnuts, peanuts)

FRUITS

- Canned fruits in water or 100% fruit juice
- Unsweetened applesauce
- Dried fruits, no sugar added** (raisins, prunes, apricots)
- Fresh whole apples

GRAINS

- Oats
- Whole grain crackers
- Whole grain cereal
- Rice cakes

DAIRY

- Shelf stable low-fat milk or milk alternative (almond, soy, oat)
- Non-fat dry milk

VEGETABLES

- Low-sodium or no salt added canned vegetables** (corn, green beans, carrots, green peas, spinach, potatoes, beets, mixed vegetables)

SNACKS

- Trail mix, fruit and nut varieties
- Low-fat pudding
- Granola bars

WATER

- One gallon per person per day, for drinking and sanitation**

INDIVIDUAL NEEDS

FOR BABIES

- Formula
- Diapers
- Bottles
- Powdered milk
- Medications

FOR ADULTS

- Denture needs
- Extra glasses
- Powdered milk
- Medications

FOR PETS

- Secure ID tag on collar
- Pet carrier
- Extra pet food
- Extra litter for cats
- Medications

NON-FOOD ITEMS

- First aid kit
- Personal hygiene items
- Medications such as: aspirin or non-aspirin pain reliever
- Battery-operated radio and extra batteries
- Flashlight and extra batteries
- Hand sanitizer and moist wipes for sanitation
- Extra battery or charger for cell phone
- Manual can opener