



## How much do you need?

→→ For a 3 day supply of food for a family of 2 adults and 2 children, have enough items to check off every box.

→→ Other things to keep with the food supply:

manual can opener  
plastic utensils  
paper towels, napkins  
paper plates, bowls, cups  
hand sanitizer, disinfectant



## What kinds of food should you get?

→→ Get single serving or one-meal cans whenever possible to avoid waste. Leftovers won't be safe.

→→ Use instant powdered drink mixes (Tang®, KoolAid®) to cover the taste of treated or stale water. Water may be stored in reusable plastic containers if they can be tightly sealed. Plastic milk jugs are not the best because the protein and fat from the milk are difficult to remove completely, and may allow the growth of bacteria.

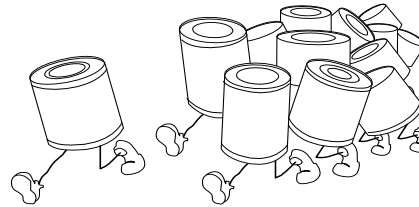
→→ If you can boil water, get instant coffee, oatmeal, rice, soup mix and cup-o-noodles.

→→ Don't get a lot of very salty foods such as chips, beef jerky or crackers. These will make you thirsty.

→→ Do plan for a few extra treats, but keep meals and foods healthy and basic. You will need energy and strength to manage the extra work.

→→ Foods packaged in cans, jars or solid plastic containers will be more secure. Foods in lightweight plastic or paper containers should be stored inside large cans or heavy zipper-lock plastic bags. Large cans, such as Christmas popcorn cans, are useful for storing foods packaged in plastic or paper.

→→ Glass jars are heavy, hard to carry and pack, and may break.



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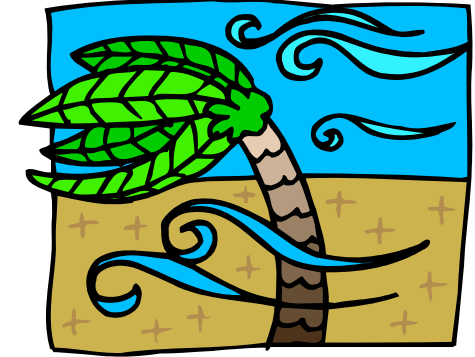
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# HURRICANE FOOD SUPPLY CHECKLIST



**How much you will  
need  
to feed a family of 4  
for 3 days.**