



HURRICANE PREPAREDNESS
FOOD KITS

Include a 5-day supply of food in your backpack/food kit that require no refrigeration and minimal preparation.

Before the hurricane Pack Food Kit With:	During the hurricane Ensure that the Food Kit:	After the hurricane Food Kit Ready for Use
Small canned goods and a can opener	Remains intact during the storm if possible	Inspect kit; discard unsafe items
Bread, crackers, cookies, granola bars, nuts, etc.	Is easily accessible for a quick exit	Open kit in a secure location
Peanut butter and jelly, baby food, fresh fruits	Is secured on higher ground if flooding occurs	Boil or sanitize water before drinking with bleach (8 drops/gal. water) if you run out of bottled water
Biodegradable utensils, plates and cups	Is not too heavy to carry	In absence of water, use sanitary wipes for hands before handling food
Bottled water for drinking;		Sanitize work area before handling any food
Vitamins and any medications		Prepare foods in a sanitary and safe manner before eating as much as possible
Portable single burner with 2-4 fuel cans		Sanitize cans with bleach solution (5-6% conc., 1Tbs/gal. water) before opening
Small to medium sized pot with cover		
Sanitary wipes, paper towel, hand sanitizer; liquid soap		
small bottle of bleach, a dropper and 1 gal bottle		
First aid kit		

Note

- Pack your food kit at least one month prior to the start of the hurricane season;
- Empty kit contents about month after the hurricane season has ended and utilize food items.