



## Weather Emergencies

- Canned goods:** Canned foods can provide essential nutrients when fresh food isn't available. Make sure you have a manual can opener.
  - Vegetables
  - Beans
  - Tuna, chicken, other protein
  - Soup or chili
  - Juice
  - Canned or powdered milk
- High energy foods:** These portable, filling snacks stay good for at least six months and are an excellent source of carbohydrates.
  - Peanut butter
  - Crackers/Pretzels
  - Granola bars and trail mix
- Dried foods:** When fresh fruit isn't available, dried offers a source of potassium and fiber.
  - Apples
  - Apricots
  - Raisins
- Comfort foods:** A treat can lighten the mood during a stressful storm.
  - Cookies
  - Hard candy
  - Tea or instant coffee
- Sugar, salt, other seasonings:** You may be able to cook on a grill or camping stove. Seasonings will improve fresh and packaged or canned food.
- Medication and Supplements:** Make sure you have extra medication. Vitamins and other supplements can help replace nutrients not available in your diet.
- Sports drinks:** Drinks like Gatorade and Powerade can help replace electrolytes and keep you from getting dehydrated.
- Special dietary foods:** Gluten-free, diabetic, etc.
- Pet food:** Stock up on food and other supplies for your pets.

- Drinking water:** Plan for a supply of one gallon per person per day. Try to plan for two weeks, but a minimum of three days. Pets also need water!

## Essentials Grocery List

**Fresh produce:** If you've had enough warning, you can still pick up fresh fruits and veggies that have a shorter shelf life.

- Apples:** Last up to three months when stored in a cool, dry place away from other perishables.
- Citrus fruits:** Last up to two weeks without refrigeration, especially if bought before ripening.
- Avocados:** Unripe avocados last outside the refrigerator for a week. Excellent source of good fat and fiber.
- Tomatoes:** Unripe tomatoes last several days at room temperature.
- Cucumbers, zucchini, yellow squash:** Lasts for a few days unrefrigerated and can be eaten raw.
- Potatoes, sweet potatoes, yams:** Lasts for a month in a cool, dry place. If you have a grill or camping stove, these make filling side dishes.
- Packaged hard sausages:** Stock up on a few packages of dry-cured salamis. They'll last for six weeks unopened.

- **Make sure you have a manual can opener for canned goods.**
- **If you live in an area with frequent storms and power outages, make sure you have plenty of propane or charcoal for the grill.**
- **Prepare a nice home-cooked meal the night before a big storm. It will be fortifying and comforting.**
- **Be careful eating food from the fridge or freezer before it spoils. A food thermometer can help you determine if the food has stayed cold enough to be safe.**