



PLAN, PREPARE AND BE AWARE:

Hurricanes are powerful and unpredictable storms that can cause significant damage to property and pose a serious threat to personal safety. It's crucial to stay informed about potential storms by monitoring weather forecasts and paying attention to official warnings issued by local authorities. It's also essential to have an emergency plan in place that includes evacuation procedures, necessary supplies, and communication methods. By taking these steps, you can help keep yourself and your loved ones safe during a hurricane.

FOOD (3-DAY SUPPLY)

- Fruit: canned, dried, roll-ups
- Meats: canned or dried
- Fish: canned or dried
- Vegetables: canned
- Milk: boxed, or powdered
- Instant foods: Just add water
 - Potatoes
 - Rice
 - Pasta
 - Soup
 - Cereal or Oatmeal
 - Noodles
- Juices: instant, canned, or bottled
- Bottled water
- Peanut butter
- Crackers
- Soup: boxed, or canned
- High-energy bars
- Instant coffee or tea bags
- To-go condiments

COOKING EQUIPMENT

- Gas or barbecue grill
- Kettle
- Extra propane gas/charcoal
- Lighter fluid
- Stove
- Cooking utensils
- Manual can opener
- Manual bottle opener
- Disposable eating utensils
- Disposable plates and cups
- Paper towels
- Ice chest
- Plastic storage bags

TO HEAT FOOD IN A CAN

- Remove the label.
- Thoroughly wash and disinfect the can.
- Open the can before heating



**Do:**

- Keep food in covered containers.
- Keep cooking and eating utensils clean.
- Throw away any food that has come into contact with contaminated flood water.
- Throw away any food that has been at room temperature for two hours or more.
- Throw away any food that has an unusual odor, color, or texture.
- Use ready-to-feed formula. If you must mix infant formula use bottled water or boiled water as a last resort.

Don't:

- Eat foods from cans that are swollen, dented, or corroded, even though the product may look safe to eat.
- Eat any food that looks or smells abnormal, even if the can looks normal.
- Let garbage accumulate inside, both for fire and sanitation reasons.

MANAGING FOOD WITHOUT POWER

- Keep the refrigerator and freezer doors closed as much as possible.
- The refrigerator will keep food cold for about four hours if it is unopened. Refrigerated or frozen foods should be kept at 40 degrees Fahrenheit or below for proper food storage.
- Use a refrigerator thermometer to check the temperature.
- Refrigerated food should be safe as long as the power was out for no more than four hours.
- Discard any perishable food such as meat, poultry, fish, eggs, or leftovers that have been above 40 degrees Fahrenheit for two hours or more.

WATER:

- Ration drinking water ONLY when ordered by authorities
- Drink water that you know is not contaminated first.
- Boil contaminate water
- Do not substitute water for carbonated or caffeinated beverages
- Store sealed bottled water in cool and dark places
- Add 1/8 tsp bleach per gallon of water to chlorinate

