

# Non-perishable Food Suggestions

## Bread Items

Crackers, dry bread sticks, pretzels, melba toast, rice and popcorn cakes, breakfast cereal, dry pasta, nutritional bars, bread (keep frozen until needed)

## Meat and Protein Items

Canned or packaged tuna, chicken/turkey, meat, soup with beans or meat, sardines, beans, chili with meat or beans, ravioli/spaghetti, ham/pork, stew, Vienna sausage, peanut butter and nuts, and commercially prepared beef or turkey jerky

## Milk Items

Shelf stable milk (keep chilled after opening), powdered milk (need extra water), non-refrigerated canned and boxed pudding, nutritional drinks

## Vegetable Items

Canned vegetables, soups of all types (cup of noodles, canned), canned 3-bean salad

## Fruit Items

Canned fruit, applesauce, dried fruits (raisins, dates, apricots, etc.) and 100% fruit juice

## Comfort Foods

Quick energy snacks such as trail mix, granola and fruit bars, cookies, hard candy, lollipops, instant coffee, tea bags

## Items for Infants and Toddlers

Make sure to include ample amounts of food, formula, water, juice, diapers and wipes. If you plan to evacuate to a shelter, bring your baby supplies along with toys, a stroller, portable crib or play pen.

## Items for the Elderly

Your kit should include water and food items that address special dietary needs such as nutritional supplement drinks and low-sodium food. Be sure to include enough medical supplies and prescription drugs to last two weeks.

*Note: Before purchasing instant food, be sure to have enough water for cooking. Camp stove, chafing dish/fondue pot with sterno, propane gas and charcoal outdoor grills all can be used for cooking. Never use any of these cooking sources inside your house or garage. Always cook outside.*

## First Aid Kit

Ready-made first aid kits can be purchased or you can assemble your own with the following supplies:

- Sterile adhesive bandages in assorted sizes
- Assorted sizes of sterile gauze pads
- Hypo-allergenic adhesive tape
- Triangular bandages (3)
- 2-inch sterile roller bandages (3 rolls)
- Scissors
- Tweezers
- Needle
- Moistened towelettes
- Antiseptic
- Thermometer
- Alcohol wipes
- Tube or petroleum jelly or other lubricant
- Assorted sizes of safety pins
- Cleansing agent/soap
- Latex gloves (2 pair)
- Sun screen
- Bug spray

## Pet Survival Kit



- A crate or carrier large enough for the animal to stand and turn around
- Two-week supply of food
- Water
- Cat litter and box
- Toys and/or blanket
- Treats
- Photo of the pet to take with you (to prove you are the owner)
- Rabies certificate and current license
- Cleaning supplies (newspaper, plastic bags with ties, paper towels, disinfectant)
- Pet waste shovel and disposal bags



## Hurricane Kit Shopping Guide



Get Ready Santa Rosa!

For more hurricane preparation information, visit

[www.santarosa.fl.gov](http://www.santarosa.fl.gov)

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- Hold a family meeting to discuss the hazards of hurricanes.
- Determine whether you live in an evacuation zone, and if so, where you will go if an evacuation order is given. A family or friend's home outside of the evacuation zone? Hotel? Shelter?
- Inventory your home possessions and review your insurance policies.
- Assess your home for vulnerable areas: roof, windows, garage door, landscaping, etc.
- Decide where you will store your vehicle, boat or RV.
- Decide what actions you need to take to protect your home and property and keep as comfortable as possible during recovery.
- Determine whether anyone in your home is elderly or has special needs and, if so, make arrangements in advance to accommodate those needs.
- Build a hurricane kit with supplies you need for each member of your family.
- Let others know your hurricane plan. Establish an out-of-town contact.

Santa Rosa County urges all residents to get prepared for the hurricane season (June 1-November 30) by creating a family hurricane plan and assembling a hurricane supply kit. These preparedness steps are key to safely weathering a storm or any other disaster.

This eight-week shopping guide identifies the basic items required to comfortably sustain a family of four for 3-5 days following a storm that may leave you without power and potable water. Adding a few items to your regular shopping list each week is the easiest way to complete your hurricane kit with minimal impact to your budget.

This guide includes information for making additions to your hurricane kit for infants, elderly and your pet. A "how to guide" for creating a family plan and assembling a first aid kit are also included.

For a comprehensive guide to hurricane preparedness visit [www.santarosa.fl.gov](http://www.santarosa.fl.gov).

9 Steps to Creating an Effective Family Hurricane Plan

How to Use this Guide

## Week One

### Grocery Store

- One gallon of water per person/pet
- One large jar of peanut butter
- One meat/protein item
- One can ready-to-eat soup
- One box matches in waterproof container
- One vegetable item
- One package paper plates

### Other Supplies

- One flashlight with batteries
- Tarp for temporary roof repairs
- Utility knife

## Week Two

### Grocery Store

- One vegetable item
- One fruit item
- One comfort food item
- One bottle unscented bleach
- Pain medicine and/or fever reducers for adults and children
- One package of paper cups
- One meat/protein item

### Other Supplies

- Self-starting charcoal, sterno or propane grill or camp stove
- Pliers
- Plastic safety glasses/goggles

## Week Three

### Grocery Store

- One gallon of water per person/pet
- One jar of jelly or jam
- One meat/protein item
- One can ready-to-eat soup
- One fruit item
- One hand-operated can opener
- One package paper napkins

### Other Supplies

- NOAA or other battery-operated or hand-crank AM/FM radio
- Hatchet or axe
- Roll of duct tape

## Week Four

### Grocery Store

- One bread item
- One roll of paper towels
- One vegetable item
- One roll of plastic wrap
- One meat/protein item
- One milk item
- One large bottle hand sanitizer

### Other Supplies

- One flashlight with batteries
- Heavy-duty work gloves
- First aid kit supplies  
(see other side for list)

## Week Five

### Grocery Store

- One fruit item
- One can ready-to-eat soup
- One meat/protein item
- One vegetable item
- One bread item
- One box large resealable food storage bags

### Other Supplies

- Extra batteries for radio
- First aid kit supplies  
(see other side for list)
- Fire extinguisher

## Week Six

### Grocery Store

- One gallon of water per person/pet
- One bread item
- One box sanitary wipes
- One roll heavy-duty aluminum foil
- One package paper bowls
- One meat/protein item

### Other Supplies

- Assorted nails
- Hardline telephone with jack
- One flashlight with batteries

## Week Seven

### Grocery Store

- One milk item
- One box of cereal
- One meat/protein item
- One can ready-to-eat soup
- One comfort food item
- One vegetable item

### Other Supplies

- Extra batteries for flashlights
- Hammer
- First aid kit supplies  
(see other side for list)

## Week Eight

### Grocery Store

- One gallon of water per person/pet
- One package of plastic eating utensils
- One meat/protein item
- One box heavy-duty garbage bags
- One roll of paper towels
- One vegetable item

### Other Supplies

- One Flashlight with batteries
- Waterproof portable plastic container with lid for hurricane kit and important papers