

# EMERGENCY FOOD SUPPLY KIT CHECKLIST

People who reside in the Atlantic and Pacific are encouraged to take simple steps to prepare for hurricanes and tropical storms. Following is a Storm Preppers approved checklist of 10 basic items that every emergency food supply kit should contain.



## 1 CANNED FOOD

- Fruit - Peaches, pineapple
- Vegetables - Beans, corn
- Meats - Chicken, ham, beef
- Fish - Tuna, sardines, salmon
- Soup - Vegetable, chicken

## 2 FOOD BARS

- Energy bars
- Protein bars
- Fruit bars
- Chocolate bars

## 3 OATS, CEREAL & GRANOLA

- Oats and oatmeal
- Barley
- Shredded wheat
- Corn Meal
- Grits

## 4 BUTTERS, JAMS & SAUCES

- Nut butters - Peanut, almond
- Fruit butters - Apple
- Jams and jellies - Fruit
- Sauces - Plum
- Honey

## 5 DRIED FRUIT

- Raisins
- Prunes
- Dates
- Apricots

## 6 NON-PERISHABLE DAIRY

- Powdered milk
- Powdered eggs
- Whey
- Parmesan cheese
- Baby formula

## 7 CRACKERS

- Crackers
- Cookies
- Biscuits
- Pretzels

## 8 TEAS & DRINKS

- Tea and coffee
- Hot Chocolate - Ovaltine, Quik
- Drink Mixes - Tang, Koolaid
- Fruit Juices - Apple, orange

## 9 SNACKS

- Nuts - Peanut, almond, cashew
- Nut bars
- Seeds - Sunflower, alfalfa
- Trail Mix
- Chips - Potato

## 10 WATER

- Tap water
- Bottled water
- Distilled water