



Food and Water Checklist

FOOD

Store at least a three-day supply of non-perishable food. Select foods that require no refrigeration, preparation or cooking and little or no water. If you must heat food, pack a can of Sterno. Select food items that are compact and lightweight. Include a selection of the following foods in your Emergency Preparedness Kit:

- Ready-to-eat canned meats, fruits, and vegetables
- Canned juices
- Staples (salt, sugar, pepper, spices, etc.)
- High-energy foods
- Vitamins
- Food for infants
- Comfort/stress foods

WATER

- Store water in plastic containers such as soft drink bottles. Avoid using containers that will decompose or break, such as milk cartons or glass bottles. A normally active person needs to drink at least two quarts of water each day. Hot environments and intense physical activity can double the amount. Children, nursing mothers, and people with illnesses will need more.
- Store one gallon of water per person per day.
- Keep at least a three-day supply of water per person (two quarts for drinking, two quarts for each person in your household for food preparation/sanitation).



Make sure your flood insurance is up to date with proper coverage.

If your home isn't located in a flood zone, that doesn't mean you don't need to have the proper precautions in place, including flood insurance — especially in Florida. Hurricanes are unpredictable and dangerous, and the water they produce is more deadly than the wind. It's important to remember that water doesn't stop at a line on a map.

Get bug spray for the entire family, including your pets.

In addition to the waves of both water and frustration a hurricane brings, there are tides of mosquitoes to contend with. Those nasty 'skeeters are annoying and could spread disease, so protect your family with an EPA-registered insect repellent. And don't forget about your furry family members — the DEET often found in human repellents can harm your pets, so make sure they have their own animal-friendly product!



Chlorine bleach can be your best friend when it comes to keeping clean through a hurricane.

Bleach can be used to disinfect a wide variety of things, but the most important one is water. The FDA advises using $\frac{1}{8}$ teaspoon of bleach per 1 gallon of water — it'll be safe to drink in just half an hour!



Laminate copies of important documents for extra protection.

Keeping essential documents in waterproof bags might do the trick — but if you want the ultimate peace of mind, make copies of your identification and important documents and then laminate them. Don't forget to print out a contact information sheet so you'll have the names and numbers you need in case your phone dies and you're unable to connect to power.

Keep a list of what's in your fridge!

With an inventory of your refrigerator's contents, you'll know exactly what's inside — minimizing how many times you open the door out of boredom, wondering what there is to eat. Take it a step further by mapping out where each product is — you'll be able to grab exactly what you need in a matter of seconds, preserving the precious cold air that's keeping your food from spoiling.



Keep yourself cool with a battery-powered fan.

Once the A/C is out, the notorious Florida humidity will start creeping up in no time. Stay comfortable with a battery-powered fan, and don't forget those extra batteries! If the power goes out during a colder time of the year, have some hand warmers ready to go.

