

PASCO SHERIFF'S OFFICE FAMILY SUPPORT NETWORK



FAMILY SUPPORT NETWORK

Law Enforcement Family Health Platform



HURRICANE PREPAREDNESS

This is not designed to be exhaustive list for you or your family - it is designed to help you prepare in the event of an impending storm.

Remember to check and replace these items periodically, as they have expiration dates.

Store your hurricane food supplies in a cool, dry place, and ensure they are easily accessible in case of an emergency. Additionally, make sure you have a manual can opener or a suitable tool to open canned foods if needed.

Freeze as many ice containers as you can.

Clean bath tub and fill with water to boil if water supply should be contaminated or reduced.

Non-Perishable Foods

- Canned fruits and vegetables
- Canned soups and stews
- Canned meats (tuna, chicken)
- Canned beans
- Peanut butter
- Nut butter (almond, cashew)
- Canned or powdered milk

Protein Sources

- Dried beans
- Lentils
- Nuts
- Seeds
- Beef jerky
- Protein bars

Vegetables

- Instant mashed potatoes
- Canned or freeze-dried vegetables

Beverages

- Bottled water (1 gallon per person per day)
- Sports drinks (for electrolytes)
- Instant coffee or tea
- Juice boxes or pouches

Special Dietary Needs

- Gluten-free or allergy-friendly foods if necessary
- Ensure you have food suitable for any dietary restrictions in your family

Miscellaneous

- Salt, pepper and other seasonings

- Sugar and sweeteners

- Cooking oil

- Aluminum foil

- Ziplock bags for food storage

- Garbage bags and trash cans

Grains and Carbohydrates

- Rice (white or brown)

- Pasta

- Instant oatmeal

- Dry cereal

- Crackers

- Bread (if possible, freeze for longer shelf life)

Fruits and Snacks

- Dried fruits (raisins, apricots)

- Trail mix

- Granola bars

- Applesauce cups

- Fruit cups (in natural juices)

Canned Sauces and Condiments

- Tomato sauce

- Salad dressing

- Mayonnaise

- Mustard

- Ketchup

Baby Food and Formula

- Baby food jars or pouches

- Infant formula

- Diapers and wipes

Cooking Supplies

- Portable camping stove or grill with fuel - fill propane tanks
- Disposable plates, cups and utensils
- Manual can opener
- Cooking pots and pans
- Eating and serving utensils

Pet Food

- If you have pets, don't forget to pack enough food for them as well