



# Preparing for a Hurricane

## Foods to Stock in Preparation

### Dry Foods

- Bread
- Crackers
- Granola bars
- Breakfast bars and pastries
- Cold cereal
- Nut butters
- Nuts and Seeds
- Jerky and dried meat sticks
- Powdered milk
- Canned evaporated milk
- Shelf-stable boxes of milk
- Snack puddings
- Hard cheeses
- Snack packs of cheese and crackers

### Shelf stable canned, pouched or boxed food

- Soups, stews and chilis
- Pastas
- Fruits and vegetables
- Fruit and vegetable juices
- Tuna
- Salmon
- Chicken
- Pork and beans

### Cut Produce

- Carrots
- Peppers
- Cucumbers
- Apples
- Bananas
- Oranges
- Other firm, fresh fruit

**Hurricanes and storms can cause power outages and lead to food safety concerns. As hurricanes approach, protect your food and family by being prepared.**

## Four Ways to Prepare for a Hurricane

### 1. Purchase or locate thermometers

- Place a thermometer in your refrigerator and freezer
- Have a tip-sensitive digital thermometer ready to check food temperatures

### 2. Check stock of refrigerator

- Purchase or prepare food items that don't require refrigeration and can be eaten cold or heated on an outdoor grill

### 3. Store or purchase water

- Be prepared in case water systems are impacted resulting in boil water advisories
- Use bottled/clean water for brushing teeth, cooking, cleaning, water for pets, etc.

### 4. Prepare coolers and purchase ice and/or dry ice

- Use dry ice to extend the amount of time food will stay below 41°F
- Purchase or freeze containers of water for ice

**Foods that can support the growth of pathogens are riskier after being held above 41°F for more than 4 hrs.**

Examples: cooked vegetables and grains, cooked and raw meats, cut melons and tomatoes.