



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.