



# Preparing for a Hurricane

## Foods to Stock in Preparation

### Dairy

- Hard cheeses (cheddar, parmesan, romano)
- Individually packaged cultured dairy products, like yogurt and sour cream
- Individual cheese sticks
- Shelf-stable milk boxes and alternative milk in boxes

### Proteins

- Hard-boiled, air-cooled eggs
- Shelf-stable, dry fermented meats such as pepperoni
- Individually packaged nut or seed butters

### Shelf Stable Food

- Soups, stews and chilis, pastas
- Fruits and vegetables, fruit and vegetable juices
- Tuna, salmon, chicken, pork and beans

### Grains and Snacks

- Breads, rolls and buns
- Muffins, baked goods
- Crackers, pretzels, popcorn
- Granola bars

### Produce

- Whole fruits and vegetables
- Baby carrots, grapes, apples, bananas, berries, cherry tomatoes
- Individually wrapped applesauce or fruit cups
- Canned applesauce or fruits

**Hurricanes and storms can cause power outages and lead to food safety concerns. As a hurricane approaches, 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 to consume after being held above 41°F for more than 4 hours.