



Hurricane Hotline
954-831-4000



Hurricane Kit Shopping Guide

Web Site
www.broward.org/hurricane

Ready. Set. Safe.

Food Groups For Shopping Guide

Bread Group Items

Crackers, dry bread sticks, pretzels, melba toast, rice and popcorn cakes, breakfast cereal, dry pasta, nutritional bars, bread (keep frozen until needed)

Meat Group Items

Canned or packaged tuna, chicken/turkey, meat, soup with beans or meat, sardines, beans, chili with meat or beans, ravioli/spaghetti, ham/pork, stew, Vienna sausage, peanut butter and nuts, and commercially prepared beef or turkey jerky

Milk Group Items

Shelf stable milk (keep chilled after opening), powdered milk (will need extra water), canned and boxed pudding (on grocery shelves, not in refrigerator section), nutritional drinks (e.g., Ensure)

Vegetable Group Items

Canned vegetables, soups of all types (cup of noodles, canned), canned 3-bean salad

Fruit Group Items

Canned fruit, applesauce, dried fruits (raisins, dates, apricots, etc.) and 100% fruit juice (not fruit drinks or punch)

Comfort Foods

Quick energy snacks such as trail mix, granola and fruit bars, cookies, hard candy, lollipops, instant coffee, tea bags

Items for Infants & Toddlers

Make sure to include ample amounts of food, formula (water), juice, diapers and wipes. If you plan to evacuate to a Red Cross Hurricane Shelter, bring your baby kit along with a stroller, portable crib or play pen.

Items for Elderly

Your kit should include water and food items that address special dietary needs such as nutritional supplement drinks and low-sodium food. Be sure to include enough medical supplies and prescription drugs to last two weeks.

Note: Before purchasing instant food be sure you have enough water for reconstitution and a cooking source. Camp stoves and a chafing dish/fondue pot with sterno can be used. You can also purchase ready-to-light charcoal for your outdoor grill. Never use any of these cooking sources inside your house or garage. Always cook outside.

How To Use The Shopping Guide

As hurricane season approaches (June 1 – November 30), all residents are encouraged to get prepared by creating a family hurricane plan and assembling a hurricane supply kit. These preparedness steps are key to safely weathering a storm, or any other disaster.

The eight-week Shopping Guide identifies the basic items required to comfortably sustain you and your family for 3-5 days following a storm that may leave you without power and potable water. Adding a few items to your regular shopping list each week is the easiest way to complete your Hurricane Kit with minimal impact to your budget.

This Guide also includes information for preparing a Hurricane Kit for infants, the elderly and your pet. A “how to” guide for creating a family plan and assembling a first aid kit are also included.

For a comprehensive guide to hurricane preparedness, visit **www.broward.org/hurricane**. This hurricane season, let’s all be **Ready – Set – Safe.**

First Aid Kit

Assemble a first aid kit. A first aid kit should include:

- ☐ Sterile adhesive bandages in assorted sizes
- ☐ 2-inch sterile gauze pads (4-6)
- ☐ 4-inch sterile gauze pads (4-6)
- ☐ Hypo-allergenic adhesive tape
- ☐ Triangular bandages (3)
- ☐ 2-inch sterile roller bandages (3 rolls)
- ☐ 3-inch sterile roller bandages (3 rolls)
- ☐ Scissors
- ☐ Tweezers
- ☐ Needle
- ☐ Moistened towelettes
- ☐ Antiseptic
- ☐ Thermometer
- ☐ Tongue blades (2)
- ☐ Tube of petroleum jelly or other lubricant
- ☐ Assorted sizes of safety pins
- ☐ Cleansing agent/soap
- ☐ Latex gloves (2 pair)
- ☐ Sunscreen

10 Steps To Creating An Effective Hurricane Plan

- ☐ Hold a family meeting to discuss the hazards of hurricanes.
- ☐ Determine whether you live in an evacuation zone and, if so, where you will go if an evacuation order is given.
- ☐ Inventory your home possessions and review your insurance policies.
- ☐ Assess your home for vulnerable areas: roof, windows, garage door, landscaping, etc.
- ☐ Decide where you will store your vehicle, boat or RV.
- ☐ Decide what actions you need to take to protect your home and your property and to keep as comfortable as possible during recovery.
- ☐ Determine whether anyone in your home is elderly or has special needs and, if so, make arrangements in advance to accommodate those needs.
- ☐ Determine how you will address your pet’s needs. Be sure to include large animals such as horses in your plans.
- ☐ Determine your family’s water, food and medical needs and build your hurricane kit according to those needs.
- ☐ Let others know your hurricane plan, either family or friends. Establish an out-of-town contact.

Pet Survival Kit

- ☐ A crate or carrier large enough for the animal to stand and turn around
- ☐ Two-week supply of food and any required medication
- ☐ Water
- ☐ Cat litter
- ☐ Toys and/or blanket
- ☐ Treats
- ☐ Photo of the pet with you (to prove you are the owner)
- ☐ Rabies certificate and current license
- ☐ Cleaning supplies (newspaper, plastic bags with ties, paper towels, disinfectant)



Week One

Grocery Store:

- ☐ one gallon of water per person
- ☐ one large jar of peanut butter
- ☐ one meat group item
- ☐ one can ready-to-eat soup
- ☐ one box matches in waterproof container
- ☐ one vegetable group item
- ☐ one package paper plates

Other Supplies:

- ☐ one flashlight with batteries
- ☐ tarpaulin for temporary roof repairs
- ☐ utility knife

Week Two

Grocery Store:

- ☐ one vegetable group item
- ☐ one fruit group item
- ☐ one comfort food item
- ☐ one bottle unscented bleach
- ☐ one medicine dropper
- ☐ one package of paper cups
- ☐ one meat group item

Other Supplies:

- ☐ self-starting charcoal, sterno or propane for grill or camp stove
- ☐ pliers
- ☐ plastic safety glasses/goggles

Week Three

Grocery Store:

- ☐ one gallon of water per person
- ☐ one jar of jelly or jam
- ☐ one meat group item
- ☐ one can ready-to-eat soup
- ☐ one fruit group item
- ☐ one hand-operated can opener
- ☐ one package paper napkins

Other Supplies:

- ☐ one portable am/fm radio – battery-operated or hand crank
- ☐ hatchet or axe
- ☐ roll of duct tape

Week Four

Grocery Store:

- ☐ one bread group item
- ☐ one roll of paper towels
- ☐ one vegetable group item
- ☐ one roll of plastic wrap
- ☐ one meat group item
- ☐ one milk group item
- ☐ one bottle hand sanitizer

Other Supplies:

- ☐ one flashlight with batteries
- ☐ heavy-duty work gloves
- ☐ first aid kit supplies

Week Five

Grocery Store:

- ☐ one meat group item
- ☐ one can of ready-to-eat soup
- ☐ one fruit group item
- ☐ one box large re-sealable food storage bags
- ☐ one vegetable group item
- ☐ one bread group item

Other Supplies:

- ☐ extra batteries for radio
- ☐ first aid kit supplies
- ☐ fire extinguisher

Week Six

Grocery Store:

- ☐ one gallon of water per person
- ☐ one bread group item
- ☐ one box sanitary wipes
- ☐ one roll heavy-duty aluminum foil
- ☐ one package paper bowls
- ☐ one meat group item

Other Supplies:

- ☐ assorted nails
- ☐ one flashlight with batteries
- ☐ hardline telephone with jack (not cordless)

Week Seven

Grocery Store:

- ☐ one meat group item
- ☐ one can ready-to-eat soup
- ☐ one box cereal
- ☐ one milk group item
- ☐ one comfort group item
- ☐ one vegetable group item

Other Supplies:

- ☐ extra batteries for flashlights
- ☐ hammer
- ☐ first aid kit supplies

Week Eight

Grocery Store:

- ☐ one gallon of water per person
- ☐ one vegetable group item
- ☐ one meat group item
- ☐ one box heavy-duty garbage bags
- ☐ one package plastic eating utensils
- ☐ one roll paper towels

Other Supplies:

- ☐ flashlight with batteries
- ☐ waterproof portable plastic container with lid for hurricane kit and important papers

