

Hurricane Season Begins June 1st

Are You Ready?



We understand how difficult it is to put together all of the items you should have on hand in case of a disaster or hurricane, especially since you need to plan on being on your own for at least 3-5 days. To help you prepare, here is a weekly shopping list of items you should begin stockpiling now.

By starting early, you'll be able to stretch your budget, and your energy, across this entire preparation period. This list is for one person, if you have more people in your home, you'll need to plan on purchasing the same number of food and beverage items for each person.

Week 1: March 26 – April 1

One gallon of water; 2 single serving canned entrees

Week 2: April 2 – April 8

Paper cups and plates, plastic utensils; dried fruits, such as raisins

Week 3: April 9-April 15

Store extra cash in a safe place; 6 pack of single serving sized juices

Week 4: April 16-April 22

Corded telephone; 2 single servings of canned entrees

Week 5: April 23-April 29

One gallon of water; plastic trash bags

Week 6: April 30-May 6

Bug Repellent and sunscreen; granola bars

Week 7: May 7-May 13

Store extra cash in a safe place; peanut butter

Week 8: May 14-May 20

Battery operated radio and extra batteries; unscented bleach

Week 9: May 21-May 27

One gallon of water; crackers

Week 10: May 28-June 3

Non-electric can opener; 2 single serving canned entrees

<u>Week 11: June 4-June 10</u> Flashlight and extra batteries; 4 pack of single serving sized fruit	<u>Week 12: June 11-June 17</u> Store extra cash in a safe place; alcohol-based hand sanitizer
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