

BROWARD COUNTY FLORIDA

5 Ways to Stay Connected In an Emergency

READY. SET. SAFE.

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HOME DAMAGE



Hurricane Kit Shopping Guide

Broward.org/Hurricane

A Service of the Broward County Board of County Commissioners

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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, 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 and 100% fruit juice

Comfort Food Items

Quick energy snacks (trail mix, granola), fruit bars, cookies, hard candy, lollipops, instant coffee, tea bags

Items for Infants & Toddlers

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

Items for Elderly

Kit should include: water and food items that address special dietary needs (nutritional supplement drinks, low-sodium food), one-month supply of prescription drugs/medications/medical supplies, medical history, physician and health insurance information, list of medications with instructions, list of medical equipment (include model/serial number), copies of prescriptions. Visit Broward.org/Hurricane and select **RESIDENTS AT RISK** for additional information.

Note: Have enough water to reconstitute instant food. Cooking sources include camp stoves and chafing dish/fondue pot with sterno. Purchase ready-to-light charcoal for outdoor grills. Always cook outside. Never use any of these cooking sources inside your house or garage.

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 pets. A “how to” guide for creating a family plan and assembling a first aid kit is also included.

For a comprehensive guide to hurricane preparedness, visit 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:

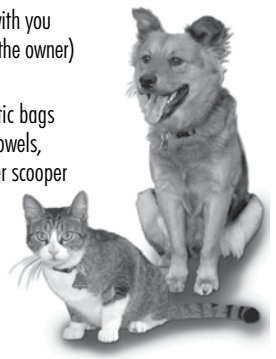
- Sterile adhesive bandages in assorted sizes
- 2-inch sterile gauze pads (4-6)
- 4-inch sterile gauze pads (4-6)
- Hypo-allergenic adhesive tape
- Triangular bandages (3)
- 2-inch sterile rolled bandages (3 rolls)
- 3-inch sterile rolled bandages (3 rolls)
- Scissors
- Tweezers
- Needle
- Moistened 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. List things that need to be addressed.
- Discuss shelter options and decide where you will go if you live in an evacuation zone and 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 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, water and any required medication
- Bowls (food and water)
- Litter box and cat litter
- Toys and/or blanket
- Treats
- Rabies certificate and current license
- Veterinarian name and emergency contact information
- Photo of the pet with you (to prove you are the owner)
- Cleaning supplies (newspaper, plastic bags with ties, paper towels, disinfectant), litter scooper



Week One

Grocery Store:

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

Other Supplies:

- one flashlight with batteries*
- tarpaulin for temporary roof repairs
- utility knife
- sunscreen (SPF 15 or more)

Week Two

Grocery Store:

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

Other Supplies:

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

Week Three

Grocery Store:

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

Other Supplies:

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

Week Four

Grocery Store:

- one meat group item
- one vegetable group item
- one milk group item
- one bread group item
- one roll of paper towels
- one roll of plastic wrap
- one bottle hand sanitizer
- sanitary wipes or other hygiene products*

Other Supplies:

- one flashlight with batteries*
- heavy-duty work gloves
- first aid kit supplies
- waterproof container for insurance and bank documents, important contracts, proof of occupancy, inventory of belongings*

Week Five

Grocery Store:

- one meat group item
- one vegetable group item
- one fruit group item
- one bread group item
- one can of ready-to-eat soup
- one box large resealable food storage bags
- baby supplies*

Other Supplies:

- extra batteries for radio*
- first aid kit supplies
- fire extinguisher
- games and puzzles for children

Week Six

Grocery Store:

- one meat group item
- one gallon of water per person
- one bread group item
- one box sanitary wipes*
- one roll heavy-duty aluminum foil
- one package paper bowls
- plastic trash bags and ties

Other Supplies:

- assorted nails
- one flashlight with batteries*
- hardline telephone with jack (not cordless)
- heavy work gloves

Week Seven

Grocery Store:

- one meat group item
- one vegetable group item
- one milk group item
- one box cereal
- one can ready-to-eat soup
- one comfort food group item
- baby supplies*

Other Supplies:

- extra batteries for flashlights*
- hammer
- disposable aluminum pans

Week Eight

Grocery Store:

- one meat group item
- one vegetable group item
- one gallon of water per person
- 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 supplies
- mosquito repellent with DEET

8 Week Hurricane Kit Shopping Guide Note: Suggested list for a family of four. Add extra items depending on your family size.

Ready. Set. Safe.

Quick Tip: Gather before the storm: money*, prescription medicines*, fuel for vehicle, important documents*, photo inventory of belongings*, proof of occupancy*
*If you are planning to evacuate to an emergency shelter, be sure to take these items with you.