

# Preparing for the storm.

Review the list below to see what you already have and what your family will need during the two weeks following a storm. Then take this list with you when you shop—all of the items below are available at your neighborhood Publix.

- Bottled water (1 gallon per person per day and 1 gallon per pet per day)
- Powdered or individually packaged drinks
- Crackers, cereals, cookies, snacks
- Canned meats, fruits, vegetables, soups, puddings
- Special dietary foods
- Peanut butter and jelly
- Powdered or shelf-pack milk
- Dried fruit
- Instant coffee and tea
- Sugar, powdered creamer, salt and pepper
- Pet food
- Baby food and formula

