

Hurricane Preparedness – Weekly Shopping Lists

By Alyce Hanson, Administrative Services Director

Hurricane season starts June 1. Will you be ready? To help you prepare for hurricane season, we are publishing 12 Weekly Shopping Lists. These lists also appear on SIBTV Cable Channel 77. Pick up a few items every time you shop and before you know it, you will **be prepared!**

Weekly Shopping Lists 3-6

Week 3 of 12 – March 23

Grocery Store

- 1 gallon of water per person
- 1 can vegetables
- 1 jar of jelly or jam
- 2 rolls of toilet paper
- 1 large tube of toothpaste
- 1 box sanitary wipes or liquid hand sanitizer
- food for special dietary needs

First Aid Supplies

- aspirin or other pain relievers
- rolls of gauze or bandages
- first aid tape
- assorted adhesive bandages

Week 4 of 12 - March 30

Grocery Store

- 1 gallon of water
- 1 can ready to eat soup (not concentrate)
- 1 can fruit
- 1 can vegetables
- 1 bottle of shampoo

First Aid Supplies

- scissors
- tweezers
- antiseptic
- thermometer
- spare eyeglasses or contact lens supplies
- items for denture care, if needed

Week 5 of 12 – April 6

Grocery Store

- 1 can ready-to-eat soup
- liquid dish soap
- unscented liquid bleach

- 1 can meat
- mosquito repellent

Hardware Store

- waterproof plastic box (with lid) for important papers
- portable am/fm radio (extra batteries or hand crank)
- blankets or sleeping bag for each family member
- portable camp stove or grill
- stove fuel or charcoal, lighter fluid

Week 6 of 12 – April 13

Grocery Store

- 1 large can of juice
- box food storage bags
- 1 box quick energy snacks
- 2 rolls paper towels
- aluminum foil
- oven mitts

First Aid Supplies

- anti-diarrhea medicine
- rubbing alcohol
- 2 pair latex gloves
- hydrogen peroxide
- petroleum jelly
- first aid book

BE PREPARED!