Copyright © 2019 Hurricane Preparedness Trainining and Consulting, LLC	
Food	Comments
Applesauce	
Bread	
Buttermilk	
Canned fruit	
Canned juice concentrates that don't require refrigeration	
Canned soups	
Cans of evaporated milk	
Cereal	
Cheeses	
Chewing gum	
Chocolate candy	There was a serious shortage of sweets after Hurricane Harvey
Coffee	Consider a camper coffee pot that can be used on a stove
Cookies	
Dried fruits	
Eggs	
Fresh Fruits	
Gatorade or other sports drinks	Great for restoring electrolytes
Hard candy	
Honey	
Instant coffee	
Instant tea	
Jelly	
Jiffy Pop	Can be popped on the grill
Marshmallows	Both treats and entertainment when cooking outside
	Get the little packets from a restaurant. Once mayonnaise is opened, it
Mayonnaise	MUST be refrigerated or it can cause serious food poisoning!
Measuring Cup	
Mustard	
Packaged sliced meats (turkey, ham, etc.)	
Pancake mix (the kind that requires water only)	
Peanut butter	
Peanuts, cashews, almonds, etc.	But remember, the more salty foods you eat, the more you drink
Pinto beans	
Pork and Beans	
Potato chips or other snacks with sandwiches	
	•

Powdered milk	
Power Bars or other meals in a bar	
Protein Bars	
Raisins	
Red wine	Good at room temperature
Rice	
Rotel's Diced Tomatoes & Chile Peppers	
Saltine Crackers	
Soft drinks	
Spaghetti	
Spaghetti sauce	
Tortillas	
Vegetables	
Vitamins	
Wheat Thins	
Fill in remaining items for your personal needs	