



Polk County Emergency Management

HURRICANE SHOPPING LIST

SEVEN-DAY SUPPLY

It is recommended to maintain a minimum seven-day supply of food for your household. All items should be non-perishable to ensure they remain safe for consumption in the event of a power outage. The following list provides recommended options:

- Water (one gallon per person, per day)
- Pop-Tarts
- Breakfast bars
- Oatmeal
- Manual can opener
- Canned meats
- Canned vegetables
- Canned soup
- Canned fruit
- Apple sauce
- Jelly/Jam
- Peanut butter
- Crackers
- Cookies
- Pretzels/Chips
- Nuts
- Dried fruit
- Bread
- Disposable plates
- Disposable utensils
- Disposable cups
- Paper towels
- Wet wipes
- Special dietary foods (baby formula, special snacks, nutritional supplements)

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Don't forget these tax-free items:

- Batteries (AA-cell, AAA-cell, C-cell, D-cell, 6-volt or 9-volt)
- Insect repellent
- Sunscreen