



Non-perishable Foods

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 can be found at your neighborhood Publix.

- Baby food and formula
- Bottled Water - 2 gallons per person per day and 1 gallon of water per pet per day
- Bread
- Canned meats, pasta, fruits, vegetables, puddings and soups
- High-energy foods such as peanut butter, nuts, jelly, crackers, cookies, cereals, dried fruit and trail mix
- Ice
- Instant coffee and tea
- Pet food
- Powdered milk
- Special dietary foods
- Sport drinks and individually packaged juice
- Sugar, powdered creamer, salt and pepper

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