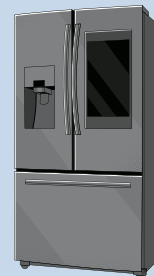


BEFORE THE STORM:

Prepare Your Freezer



- A full freezer stays cold longer! If your freezer isn't at least 75% full, freeze containers of water in advance of the storm. Bonus – you'll have some extra drinking water available if you need it later!



If you purchase dry ice:

- Wear insulated gloves when handling
- Place dry ice on top of cardboard on the top shelf, and regular ice on the other shelves.
- Dry ice releases carbon dioxide gas, so it is critical that your freezer is in a well-ventilated area



BEFORE THE STORM:

**Non-Perishable Foods
to Have on Hand**



- Ready-to-eat canned meats, fruits and vegetables, and soup
- Staples like sugar, salt, pepper, instant coffee, tea
- High energy foods like peanut butter, jelly, crackers, granola bars, trail mix, jerky, nuts



- Dried and powdered foods (make sure to store extra water) like instant oatmeal/grits, powdered milk, instant potatoes, dried soup mix, and instant rice

- Foods for infants and persons on special diets

- Vitamins

- Food for pets



BEFORE THE STORM:

Safe Food Storage



- **Keep your refrigerator at 40°F or lower, and your freezer at 0°F or below**
- **Pantry storage areas should be cool, dark, and dry**
- **Dry food should be stored in moisture-proof containers**
- **Rotate your stock - check expiration dates, and store items that expire soonest in the most convenient locations. For best quality, use items before the date on the packaging.**

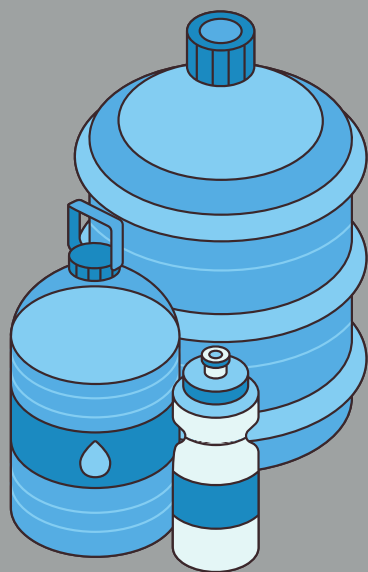


BEFORE THE STORM:

Safe Water Storage

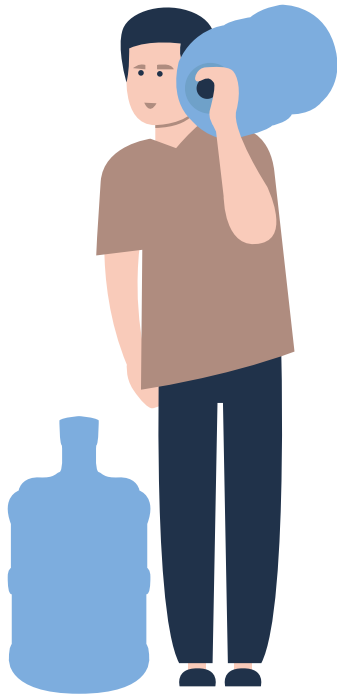


If you are expecting a storm and want to store water short term, it's important to store it correctly:



- Store at least one gallon per person, per day. Pets require at least 1 ounce per pound of their weight.
- Select food-grade containers with lids or covers





- Clean your containers well prior to filling
- If your freezer isn't full and you anticipate a power outage, freeze some containers of water – they will help keep your freezer cold longer and you can use them as drinking water if needed.





BEFORE THE STORM:

Preparing for a Power Outage



- Start by making a quick meal plan for the number of days that you anticipate the power outage will last. This will help you target what foods you actually need if you need to make a last minute grocery run.



- Plan to eat refrigerated foods the first day, then freezer foods, and finally your shelf-stable dry items.

- Make sure that you have enough food on hand for all members of your family, including infants, those with special diets, and pets.



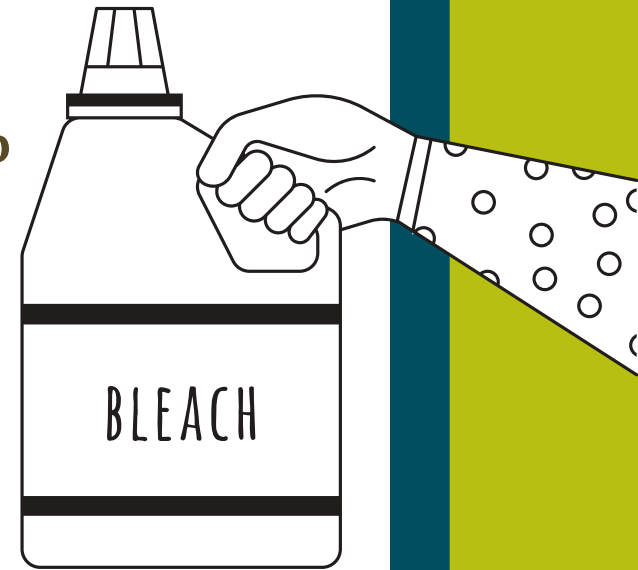


BEFORE THE STORM:

Food Safety Must-Haves



- Fuel for cooking and boiling water
- Hand sanitizer (at least 60% alcohol)
- Bleach (unscented, 5–9% sodium hypochlorite)
- Food thermometer (if it is digital, make sure you have batteries for it)





- Analog fridge thermometer
- Manual can opener and scissors
- Disposable tableware
- A quick meal plan for your family that meets everyone's dietary needs

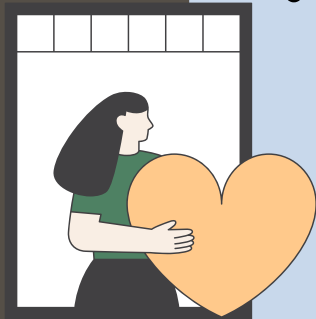




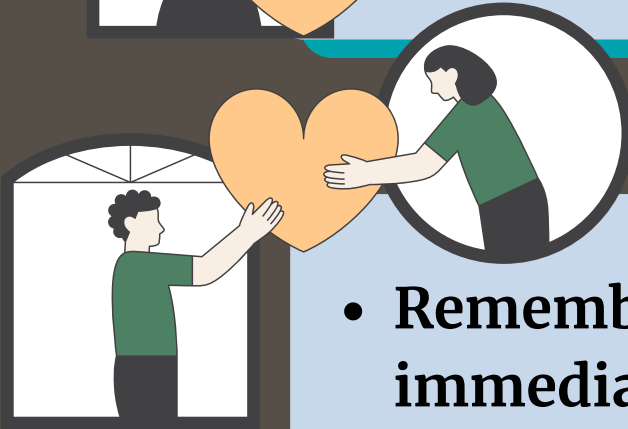
BEFORE THE STORM:

Check on Your Neighbors





- Check on your neighbors, especially those who are elderly, alone, or likely to struggle with storm prep, before the storm and again after the storm.



- Remember – during the storm and immediately after, you may only have each other. Taking care of each other during these times can reduce the burden on first responders and make you feel awesome about building your community's resilience!





AFTER THE STORM:

Resources & Safety Warnings for (name) County



Food Distribution

(location with address)



AFTER THE STORM:

Resources & Safety Warnings for (name) County



Water Distribution

(location with address)



AFTER THE STORM:

Resources & Safety Warnings for (name) County



Shelters

(location with address)



AFTER THE STORM:

Resources & Safety Warnings for (name) County



Water Advisories

(link local water authority announcement,
summarize if you like)



AFTER THE STORM:

Resources & Safety Warnings for (name) County



Signal Boost!

(link local EMA or EXT messaging about water safety, crop safety, flood water quality warnings, etc.)