

Food/Water/Supplies

- Make a list of the contents in your fridge and freezer. That way if the power goes out, you don't have to open it for long to see what's inside. Also think about what goes "with" things you already have cold (soups + bread, crackers + cheese, bagels + cream cheese) to help you use up items that may go bad and not overpurchase.
- Stock up on frozen meals that are pre-made so they can just thaw rather than be cooked.
- Gather coolers and towels and store them outside. You can transfer cold food and other important items to those in the event of a power outage.
- A good rule of thumb is to have 1 gallon of water per person in your family per day. You can also fill tubs with water to flush toilets.
- Ensure you have adequate fuel for any fireplace/grill in your home. You can make things like scrambled eggs, mac and cheese and boil water, even on a grill! All propane heat sources and generators should be used outside at least 20' from your home.
- Stock up on shelf stable milk, along with protein bars/nut butter and yogurt pouches to add protein if meat or eggs aren't readily available and safe.
- I also added "ready pasta" and bone broth to my grocery pick up order
- If your regular stores are out of supplies or snacks, consider places like Staples, Tractor Supply, Ace Hardware and sporting goods stores. They are often better stocked in things like cleaning supplies, batteries, camping goods and snacks than the major stores that get hit harder.
- Freeze items like deli meat, yogurt, cheese and butter to prolong their freshness/coldness if you need to thaw them slowly.