



## EMERGENCY PREPAREDNESS CHECKLIST

At Food Town, we understand the unpredictable nature of Houston weather — and the importance of being prepared. Use this list as a guide when stocking your family's storm kits or planning for emergency scenarios. Please play it safe out there, neighbor!

### Food & Beverage Needs

- Canned Goods\*  
(fruit, vegetables, soup, stew, tuna, meats & pasta)
- Drinking Water  
(5 gallons per person)
- Coffee, Tea & Soda
- Bottled Juice/ Sports Drinks
- Powdered Drink Mix
- Powdered/Shelf-Stable Milk
- Cereal, Breakfast Bars & Granola
- Crackers
- Dried Beans & Fruit
- Nuts & Trail Mix
- Peanut Butter & Jelly
- Rice
- Pasta, Boxed Mac & Cheese
- Spaghetti Sauce & Dry Pasta
- Special Dietary Foods
- Nonperishable Snacks

### Baby Needs

- Baby Food
- Baby Wipes
- Diaper Rash Ointment
- Disposable Diapers
- Formula
- Purified/Distilled Water

### Basic Supplies

- Aluminum Foil
- Food Storage Bags
- Manual Can Opener
- Flashlights/Lanterns
- Batteries
- Candles
- Matches/Butane Lighter
- Cleaning Supplies, Dish Soap & Bleach
- Hand Sanitizer/Wipes
- Disposable Plates, Cups & Cutlery
- Paper Towels & Toilet Paper
- Trash Bags
- Insect Repellent
- Sunscreen
- Personal Hygiene Items

### Pet Needs

- Leash
- Muzzle
- Pet Carrier
- Pet Food
- Treats
- Water

### Don't Forget!

Keep a list of emergency contact numbers available, as well as some cash. Be sure loved ones know your plans — and also know how to reach you.

### Gather Up

- Camp Stove/Grill
- Basic Tools
- Medications & Medical Supplies
- Duct Tape
- Water Purification Tablets
- Fire Extinguisher
- First Aid Kit
- Work Gloves
- Battery-Powered Fans
- Simple Toys/Activities for Kids

*\*Low-sodium options are a good choice!*