



**FOOD FOR THOUGHT
SUPPLIES FOR 72 HOURS PREPAREDNESS**

FOOD ITEMS:

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|---|---|---------------------------------------|---------------------------------------|
| <input type="checkbox"/> Crackers | <input type="checkbox"/> Instant Coffee | <input type="checkbox"/> Sugar | <input type="checkbox"/> Powder Milk |
| <input type="checkbox"/> Can soup | <input type="checkbox"/> Can broth | <input type="checkbox"/> Can Chicken | <input type="checkbox"/> Can Ham |
| <input type="checkbox"/> Tuna | <input type="checkbox"/> Instant Potatoes | <input type="checkbox"/> Beef Jerky | <input type="checkbox"/> Nuts |
| <input type="checkbox"/> Granola Bars | <input type="checkbox"/> Instant Noodles | <input type="checkbox"/> Can Chili | <input type="checkbox"/> Cereal |
| <input type="checkbox"/> Peanut Butter | <input type="checkbox"/> Bread | <input type="checkbox"/> Muffins | <input type="checkbox"/> Cookies |
| <input type="checkbox"/> Protein Bars | <input type="checkbox"/> Dried Fruit | <input type="checkbox"/> Juice Box | <input type="checkbox"/> Chips |
| <input type="checkbox"/> Protein Powder | <input type="checkbox"/> Can Fruit | <input type="checkbox"/> Cat/Dog Food | <input type="checkbox"/> Baby Formula |

ESSENTIALS:

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|---|--------------------------------------|------------------------------------|
| <input type="checkbox"/> 4L Water Min/Person(drinking &cooking) | <input type="checkbox"/> Can Opener | <input type="checkbox"/> Batteries |
| <input type="checkbox"/> Cell phone charger | <input type="checkbox"/> Flashlights | <input type="checkbox"/> Radio |

MISC ITEMS:

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|---|--|--|---------------------------------------|
| <input type="checkbox"/> Paper & Pencils | <input type="checkbox"/> Books/Games/Cards | <input type="checkbox"/> Paper Cups | <input type="checkbox"/> Paper Plates |
| <input type="checkbox"/> Fire Ext. | <input type="checkbox"/> Towelettes | <input type="checkbox"/> Garbage Bags | <input type="checkbox"/> Plastic Ties |
| <input type="checkbox"/> Whistles | <input type="checkbox"/> Dust Masks | <input type="checkbox"/> Gloves | <input type="checkbox"/> Litter Box |
| <input type="checkbox"/> Hand Sanitizer | <input type="checkbox"/> Towels & Facecloth | <input type="checkbox"/> Soap/Shampoo | <input type="checkbox"/> Medication |
| <input type="checkbox"/> Tums | <input type="checkbox"/> Diarrhea Meds | <input type="checkbox"/> Extra Tarp(s) | <input type="checkbox"/> Duct Tape |
| <input type="checkbox"/> Water Purification Tablets | | <input type="checkbox"/> Bucket for Water Collection | |
| <input type="checkbox"/> Chlorine Bleach | <input type="checkbox"/> Fire Starters (Zip) | <input type="checkbox"/> BBQ Lighter | <input type="checkbox"/> LED Lights |
| <input type="checkbox"/> Saran Wrap (to cover plates so washing not as necessary) | | <input type="checkbox"/> Cash | |

CAR ITEMS:

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|--|---|--|--|
| <input type="checkbox"/> Ice Scraper | <input type="checkbox"/> Kitty Litter | <input type="checkbox"/> Full Gas Tank | <input type="checkbox"/> Jumper Cables |
| <input type="checkbox"/> Blanket | <input type="checkbox"/> Cell Phone Charger | <input type="checkbox"/> Good Tires | <input type="checkbox"/> Extra Cash |
| <input type="checkbox"/> Reflective Triangle | | | |

TIP: Freeze a cup of water and place a coin on the top, if you check it after a power outage or an evacuation and the coin is no longer on the top, you know that your food has thawed and possibly frozen again and should be discarded.