



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

**FOOD ITEMS:**

- |   |   |                                       |                                       |
|---|---|---------------------------------------|---------------------------------------|
| <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:**

- |   |                                      |                                    |
|---|--------------------------------------|------------------------------------|
| <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:**

- |   |  |  |                                       |
|---|--|--|---------------------------------------|
| <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:**

- |  |   |  |  |
|--|---|--|--|
| <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.