Preparing for the storm.

Review the list below to see what you already have and what your family will need during the two weeks following a storm. Then take this list with you when you shop—all of the items below are available at your neighborhood Publix.

- ☐ Bottled water (1 gallon per person per day and 1 gallon per pet per day)
- ☐ Powdered or individually packaged drinks
- ☐ Crackers, cereals, cookies, snacks
- ☐ Canned meats, fruits, vegetables, soups, puddings
- ☐ Special dietary foods
- ☐ Peanut butter and jelly
- ☐ Powdered or shelf-pack milk
- ☐ Dried fruit
- ☐ Instant coffee and tea
- ☐ Sugar, powdered creamer, salt and pepper
- ☐ Pet food
- ☐ Baby food and formula