



*The Difference is **Key**.*

Severe Weather Shopping Guide

Stop by your Key Food Supermarket and stock up on non-perishable, easy-to-prepare foods that require no refrigeration or cooking (in case of power outages). We have provided a recommended list below along with a few non-cook recipes and a list of essential non-food items.

Canned & Packaged Goods

- Canned meats (tuna, chicken, spam, salmon)
- Canned vegetables (beans, corn, carrots, peas)
- Canned soups and stews
- Canned fruits (in juice, not syrup)
- Peanut butter or other nut butters
- Jarred pasta sauce (for quick meals)
- Dry cereal or granola
- Oatmeal (instant packets)
- Rice cakes or crackers
- Nuts and trail mix
- Protein or energy bars

Dry Staples

- Pasta, rice, and quinoa
- Instant mashed potatoes
- Boxed milk (shelf-stable) or powdered milk
- Bread (or tortillas, which last longer)
- Pancake mix (just add water)

Snacks & Comfort Foods

- Dried fruit (raisins, apricots, mango)
- Jerky (beef, turkey, or plant-based)
- Popcorn (pre-popped or microwaveable)
- Chocolate or candy (for morale)
- Instant coffee, tea bags, or drink mixes

Other Food Essentials

- Bottled water (1 gallon per person per day, for at least 3 days)
- Baby food/formula (if applicable)
- Pet food (if applicable)

Here are a few no-cook recipes

Hurricane Tuna & Bean Salad

A protein-packed, no-cook meal using shelf-stable ingredients

Ingredients

- 1 can tuna (in water or oil, drained)
- 1 can beans (black, kidney, or garbanzo), drained & rinsed
- 1 handful crackers or rice cakes (crushed for texture)

- 2 tbsp peanut butter (or sub mayo from a squeeze bottle if available)
- 1 tbsp mustard (from a packet or small bottle)
- ½ tsp dried herbs (if you have any, like garlic powder or paprika)
- Salt & pepper (to taste)
- Optional: canned corn, diced canned veggies, or hot sauce

Instructions

1. In a bowl, mix the drained tuna and beans.
2. Add peanut butter (for creaminess and protein) and mustard (for tang). Stir well.
3. Crush crackers or rice cakes and mix in for crunch.
4. Season with spices if available.
5. Serve as-is or spread on tortillas for a wrap.

Variations:

- Spicy Version: Add hot sauce or canned diced chilies.
- Sweet Version: Mix in a handful of raisins or dried fruit.
- Extra Veggies: Toss in canned corn or carrots.

Hurricane Pancake Snack

If you have a camp stove or gas grill, this is a warm option.

Ingredients

- 1 cup pancake mix (just-add-water kind)
- ¾ cup shelf-stable milk or water
- 1 tbsp peanut butter (for extra protein)
- Optional: canned fruit (drained) or trail mix for topping

Instructions

1. Mix pancake mix, liquid, and peanut butter until smooth.
2. Cook on a greased pan (over a grill or camp stove if possible).
3. Top with canned fruit or a sprinkle of trail mix for energy.

No Electricity Trail Mix

For quick energy during cleanup or evacuation

Ingredients

- 1 cup nuts (from your stash)
- ½ cup dried fruit
- ½ cup crackers or cereal
- Optional: chocolate chips or candy for morale

Mix & store in a ziplock bag!

Other Essential Items to Have During a Hurricane

Emergency Supplies

- Flashlights (with extra batteries)
- Battery-powered or hand-crank radio
- Portable phone charger or power bank
- First aid kit (bandages, antiseptic, medications)
- Manual can opener
- Disposable plates, cups, and utensils

- Waterproof matches or lighter
- Fire extinguisher

Safety & Comfort

- Extra blankets or sleeping bags
- Rain gear and sturdy shoes
- Whistle (to signal for help)
- Personal hygiene items (toilet paper, wet wipes, hand sanitizer)
- Plastic tarps and duct tape (for emergency repairs)

Important Documents

- Copies of IDs, insurance policies, and medical records (in a waterproof bag)
- Emergency contact list (written down)
- Cash (ATMs may not work during power outages)

Optional but Helpful

- Books, cards, or games (for entertainment)
- Cooler with ice packs (for perishables if power is intermittent)
- Multi-tool or Swiss Army knife

Stay Safe!

Ensure you have enough supplies for at least 3 days, but ideally for a week. Check expiration dates and replace items as needed.