



# Levy County Emergency Management Disaster Supply Kit 8 Week Shopping Guide



Now that Hurricane Season is here, it is more important than ever to make sure that you have a fully stocked disaster supply kit. Sometimes, this can be easier said than done. We all know that we live in a time where money can be tight, and it may be a little hard to go out and buy everything you need for your disaster supply kit in one trip. This eight-week shopping guide identifies the basic items required to comfortably sustain you and your family for 3 to 5 days following a storm that may leave you without power and potable water.

Adding a few items to your regular shopping list each week is the easiest way to complete your Disaster Kit with minimal impact to your budget. Remember that these items listed are just examples; you need to use your own judgement as to what items you and your families may need during a disaster.

Take some small steps to keep you and your family safe and prepared. If you have any questions or would like to receive more information, please contact Levy County Emergency Management at 352-486-5213.

## Food Groups for Shopping Guide

**Bread Group Items** – crackers, dry bread sticks, pretzels, rice cakes, breakfast cereal, dry pasta, nutritional bars, etc.

**Meat Group Items** – Canned tuna, chicken/turkey, or meat, soup with beans or meat, sardines, chili with meat or beans, ravioli/spaghetti, ham/pork, stew, Vienna Sausage, peanut butter, commercially prepared beef or turkey jerky.

**Milk Group Items** – Powdered milk (will need extra water), canned and boxed pudding (from the store shelves not the refrigerator section, nutritional drinks (e.g. Ensure or Pediasure).

**Vegetable Group Items** – Canned vegetables, soups of all types, canned 3 bean salads.

**Fruit Group Items** – Canned fruit of all types, dried fruits (raisins, dates, apricots, etc.), and 100% fruit juice

**Comfort Foods** – Quick energy snacks such as trail mix, granola and fruit bars, cookies, hard candy, lollipops, instant coffee, tea bags.

*Turn Over,  
Supply List on Back*

<p><i>Week 1</i>  <b><u>Grocery Store</u></b>  One Gallon of Water*  One large jar of Peanut Butter*  One meat group item*  One can ready to eat soup*  One Box matches  One vegetable group item*  One package paper plates</p> <p><b><u>Other Supplies</u></b>  Flashlight with batteries  One tarp(don't get fancy, just the basic)  One Utility Knife</p>	<p><i>Week 2</i>  <b><u>Grocery Store</u></b>  One vegetable group item*  One fruit group item*  One comfort food item*  One bottle unscented bleach  One medicine dropper  One package of Paper cups  One meat group item*</p> <p><b><u>Other Supplies</u></b>  Small Camp Style Stove with fuel  Safety glasses or goggles</p>	<p><i>Week 3</i>  <b><u>Grocery Store</u></b>  One Gallon of Water*  One Jar Jelly or jam*  One meat group item*  One can ready to eat soup*  One fruit group item*  One hand operated can opener  One package paper napkins</p> <p><b><u>Other Supplies</u></b>  A portable am/fm radio – battery operated or hand crank  Roll of Duct Tape</p>
<p><i>Week 4</i>  <b><u>Grocery Store</u></b>  One bread group item*  One package of paper towels  One vegetable group item*  One roll of plastic wrap  One meat group item*  One milk group item*  One bottle hand sanitizer*</p> <p><b><u>Other Supplies</u></b>  Additional flashlight with batteries  Heavy duty work gloves  First Aid Kit</p>	<p><i>Week 5</i>  <b><u>Grocery Store</u></b>  One meat group item*  One can of ready to eat soup*  One fruit group item*  One box large Ziploc storage bags  One vegetable group item*  One bread group item*  One Gallon of Water*</p> <p><b><u>Other Supplies</u></b>  Extra Batteries for radio  ABC Fire extinguisher</p>	<p><i>Week 6</i>  <b><u>Grocery Store</u></b>  One meat group item*  One bread group item*  One box sanitary wipes*  One Roll Heavy Aluminum foil  One package paper bowls  One meat group item*</p> <p><b><u>Other Supplies</u></b>  Battery Powered Lamp with spare batteries</p>
<p><i>Week 7</i>  <b><u>Grocery Store</u></b>  One meat group item*  One can ready to eat soup*  One box Cereal  One milk group item*  One comfort group item*  One vegetable group item*</p> <p><b><u>Other Supplies</u></b>  Extra batteries for flashlights</p>	<p><i>Week 8</i>  <b><u>Grocery Store</u></b>  One gallon of water*  One vegetable group item*  One meat group item*  One package plastic eating utensils  One package of paper towels</p> <p><b><u>Other Supplies</u></b>  Waterproof portable plastic container with lid for hurricane kit and important papers</p>	<p>Note: In a disaster, there is enough stress without your family having to eat foods they don't like. Pick foods based on your family's needs and wants. Whenever possible pick foods that are low in salt, and packed in water.  Be sure to rotate your supplies every 6 months to a year.  Items marked with a * should be purchased for each member of your household.</p>