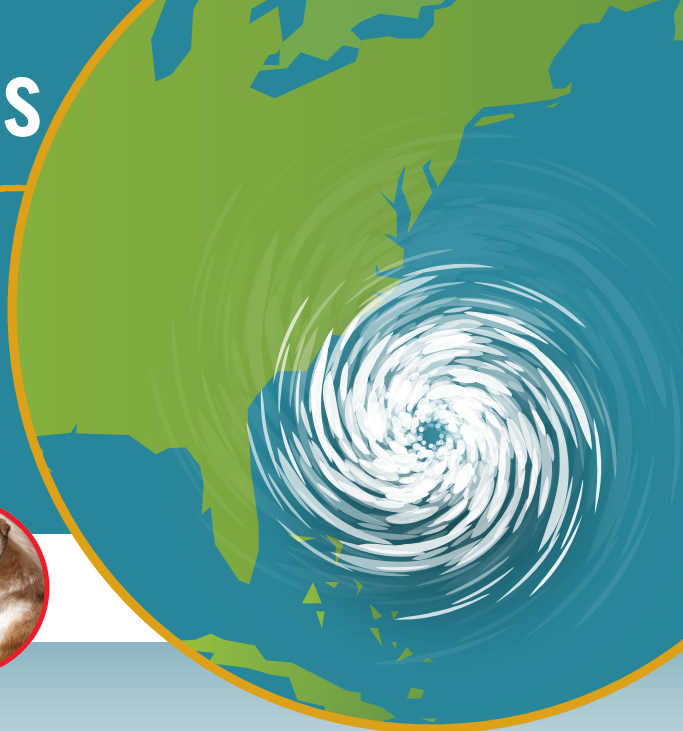


Hurricane Preparedness Shopping List

With hurricane season upon us, Second Harvest Food Bank of Metrolina has compiled a list of nutritious non-perishable foods and supplies needed for Hurricane Preparedness.



PROTEIN



☐ Canned meat packed in water

- Tuna
- Chicken
- Salmon
- Turkey

☐ Nut/Seed Butter

- Peanut butter
- Almond butter

☐ Low-sodium canned soup

- Chicken noodle
- Minestrone
- Vegetable
- Tomato
- Lentil

☐ Unsalted nuts and seeds

- Almonds
- Walnuts
- Peanuts
- Pistachios
- Cashews
- Sunflower seeds

WHAT'S LOW SODIUM?

Low-sodium is 140mg of sodium or less per serving.

Low-sodium foods are heart healthy and help regulate blood pressure.

FRUITS

☐ Canned fruits in water or 100% fruit juice



VEGETABLES

☐ Low-sodium or no salt added canned vegetables



**SECOND
HARVEST
FOOD BANK
OF METROLINA**

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GRAINS



- ☐ Oats
- ☐ Whole grain crackers
- ☐ Whole grain cereal

DAIRY



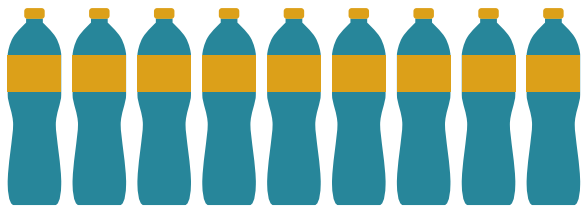
- ☐ Shelf stable low-fat milk
- ☐ Non-fat dry milk
- ☐ Shelf stable milk alternative
 - Soy milk
 - Almond milk
 - Rice milk

SNACKS



- ☐ Trail mix, fruit and nut varieties
- ☐ Low-fat pudding

And don't forget WATER!



Why Whole Grain?

Whole grain foods contain fiber, which helps you feel full longer and promotes regularity.

The word "Whole" should be listed first in the ingredient list.

Look for: whole grain flour, whole wheat or 100% whole grain.

Did You Know?

Cow's milk contains 8 grams of protein per 8 fl oz serving.

Soy milk* contains 7 grams of protein per 8 fl oz serving.

Almond milk contains <1 gram of protein per 8 fl oz serving.

Rice milk contains 0 grams of protein per 8 fl oz serving.

*Soy milk is closer in protein to cow's milk than any of the other milk alternatives.

Non-Food and Other Essential Items

- | | | |
|---|---|-------------------------------------|
| <input type="checkbox"/> First Aid Kits | <input type="checkbox"/> Blankets/Throws | <input type="checkbox"/> Diapers |
| <input type="checkbox"/> Personal Hygiene Items | <input type="checkbox"/> Battery-operated radio and extra batteries | <input type="checkbox"/> Baby Wipes |
| <input type="checkbox"/> Cleaning Wipes | <input type="checkbox"/> Flashlight and extra batteries | |