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
- Low-sodium canned soup
  - Chicken noodle
  - Minestrone
  - Vegetable
  - Tomato
  - Lentil
- Nut/Seed Butter
  - Peanut butter
  - Almond butter

**FRUITS**
- Canned fruits in water or 100% fruit juice

**VEGETABLES**
- Low-sodium or no salt added canned vegetables

**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.

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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

**Non-Food and Other Essential Items**
- First Aid Kits
- Personal Hygiene Items
- Cleaning Wipes
- Blankets/Throws
- Battery-operated radio and extra batteries
- Flashlight and extra batteries
- Diapers
- Baby Wipes

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**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.