

STOCKING YOUR HURRICANE PANTRY

Add and subtract items from this list based on your personal preferences and needs. Purchase quantities appropriate for the number of people in your household. You need enough supplies for at least three days.

* denotes items requiring boiling water.

BREAKFAST

- Cold cereal
- Instant oatmeal*
- Breakfast bars

BEVERAGES

- Water: at least one gallon per person per day.
- Shelf-stable milk
- Boxed or canned juices
- Instant coffee, tea

STARCHES

- Precooked rice
(such as Uncle Ben's Ready Rice)
- Instant couscous*
- Ramen noodles*
- Instant grits and/or polenta*
- Instant pasta (see note)
- Whole-grain bread
- Whole-grain crackers
- Flour tortillas

PROTEIN

- Canned salmon
- Canned tuna
- Chicken breast meat in pouches
(such as Sweet Sue or Tyson Premium)
- Canned chunk lean ham
- Canned shrimp
- Plain canned beans
(black, cannellini, kidney, garbanzo, etc.)
- Canned chili
(such as Health Valley Spicy Black Bean Chili)
- Peanut and other nut butters

CANNED PRODUCE

Combine these with proteins and starches for tasty salads ... for example, asparagus tips with salmon and rice, pineapple chunks with chicken breast and couscous or black beans, mango, corn and salsa.

- Green beans
- Green peas
- Corn kernels
- Asparagus tips
- Pineapple chunks

- Peach slices
- Mandarin oranges
- Olives
- Roasted red peppers
- Artichoke hearts
- Water chestnuts

FRESH PRODUCE

These fruits and vegetables keep well at room temperature for several days, and can add welcome freshness to post-storm cooking and snacking.

- Lemons
- Limes
- Oranges
- Apples
- Bananas
- Mangoes
- Carrots
- Onions
- Garlic
- Fresh ginger

SAUCES, FLAVORINGS

Though often refrigerated, ketchup, mustard, vinaigrette and mojo are so acidic they can safely be kept at room temperature after opening.

- Marinara sauce
- Salsa
- Pesto
- Caponata
- Tapenade
- Bottled mojo
- Ketchup
- Mustard
- Vinaigrette
- Olive oil
- Assorted vinegars
- Fruit preserves
- Parmigiano Reggiano cheese
- Sliced, packaged pepperoni

SNACKS, SWEETS

- Nuts
- Dried fruit
- Favorite cookies
- Shelf-stable pudding

NOTE: Daphne Nikolopoulos, author of *The Storm Gourmet*, recommends Presto Pasta, which can be rehydrated in room-temperature water. It can be ordered in bulk at 1-800-456-2084.

SOURCES: Miami Herald research, *The Storm Gourmet* by Daphne Nikolopoulos (Pineapple, \$9.95), *Apocalypse Chow* by Jon and Robin Robertson (Simon Spotlight, \$12.95).