



## Disaster Preparedness Reference List

### **Ready.gov**

- Hurricanes: <https://www.ready.gov/hurricanes>
- Hurricane Tool Kit : <https://www.ready.gov/hurricane-toolkit>
- Build an emergency kit: <https://www.ready.gov/build-a-kit>
  - o Water: <https://www.ready.gov/water>
  - o Food: <https://www.ready.gov/food>
- Emergency Supply List:  
<https://www.ready.gov/sites/default/files/documents/files/checklist3.pdf>

### **Federal Emergency Management Agency (FEMA)**

- Download FEMA App
- How to Prepare for a Hurricane: [https://www.fema.gov/media-library-data/1494007144395-b0e215ae1ba6ac1b5556f084e190e5862/FEMA\\_2017\\_Hurricane\\_HTP\\_FINAL.pdf](https://www.fema.gov/media-library-data/1494007144395-b0e215ae1ba6ac1b5556f084e190e5862/FEMA_2017_Hurricane_HTP_FINAL.pdf)

### **National Hurricane Center:** <http://www.nhc.noaa.gov/>

### **Centers for Disease Control and Prevention (CDC)**

- Hurricane Preparedness  
<https://www.cdc.gov/features/hurricanepreparedness/index.html>
- Family, Health, and Safety Preparation:  
<https://www.cdc.gov/disasters/hurricanes/supplies.html>
- Creating and Storing an Emergency Water Supply:  
<https://www.cdc.gov/healthywater/emergency/drinking/creating-storing-emergency-water-supply.html>
  - o Make Water Safe: <https://www.cdc.gov/healthywater/emergency/pdf/make-water-safe.pdf>
  - o Drink Safe Water:  
[https://www.cdc.gov/healthywater/emergency/pdf/16\\_262392-a\\_drink-safe-water\\_flyer\\_eng\\_508.pdf](https://www.cdc.gov/healthywater/emergency/pdf/16_262392-a_drink-safe-water_flyer_eng_508.pdf)
  - o Emergency Supply Kit: <https://www.cdc.gov/phpr/areyouprepared/kit.htm>
- Cleaning Up Safely After a Disaster:  
<https://www.cdc.gov/disasters/cleanup/index.html>
- Cleaning and Sanitizing with Bleach after an Emergency  
<https://www.cdc.gov/disasters/bleach.html>

### **United States Department of Agriculture (USDA)**

- Food Assistance for Disaster Relief: <https://www.fns.usda.gov/disaster/disaster-assistance>
- USDA Disaster Food Assistance Help – Florida:  
<https://www.fns.usda.gov/disaster/usda-disaster-food-assistance-help-florida>



## Safely Restoring Your Kitchen After a Hurricane

At this time, you've made it through the storm and your power has been restored, you have safe drinking water and any other issues with safety or flooding clean-up have been addressed. You would like to begin getting your kitchen back to normal, but where do you start?

### **Step 1: When in doubt, throw it out:**

- Begin by throwing away any food that may be unsafe for consumption or that has spoiled
- Remember, just because it does not look or smell spoiled, does not mean it is not spoiled.
  - o When in doubt, throw it out!
- What to throw away
  - o Any perishable items not kept at proper temperatures
    - Any perishable food that has been above 41°F for more than 2 hours
    - Any frozen food that has thawed and has been above 41\* F for more than 2 hours
      - Frozen food that still has ice crystals may be safely refrozen
    - Any food that may have been contaminated by:
      - Raw meat, seafood, poultry or eggs
      - By another improperly refrigerated food item
    - Any food with unusual odor, color or texture
    - See "Safe Storage Temperatures" handout from Lesson \_\_\_ for more information
  - o Any food touched by flood waters, even if in a can or jar
  - o All shelf stable items exposed to high temperatures and humidity for several days
    - Without air conditioning, temperatures and humidity levels inside the house during hurricane season months get very high
    - This can cause even shelf-stable foods to spoil



- If your shelf stable foods were above room temperature for several days and you question their quality throw them away
  - EX: baking supplies, canned goods, jarred goods, shelf stable sauces, baby food, etc.

## Step 2: Begin Cleaning:

- Remove any perishable food from the freezer and refrigerator that is still safe to eat in coolers on clean ice.
- Remove all shelving and drawers from the refrigerator and freezer and clean
  - Clean with an antibacterial multi-surface cleaner and paper towel
- Sanitize or disinfect all drawers and shelving
  - If you filled your bathtubs with water and the water is still clean, do not waste the water, use it to sanitize or disinfect the shelves and drawers. Soak at least 2 minutes
    - Sanitize: Add 2 teaspoons of bleach for every gallon of water
    - Disinfect: Add 1 cup bleach for every 5 gallons of water
    - Disinfect mold: Add 1 cup bleach for every 1 gallon of water
    - DO NOT MIX BLEACH AND OTHER HOUSEHOLD CHEMICALS, ESPECIALLY AMMONIA
  - Most standard bathtubs hold 60-80 gallons of water, some hold more
  - Calculate the volume of your bath tub by:
    - Length x Width x Height (in inches). This gives you cubic inches
    - Convert cubic inches to gallons
      - 231 cubic inches = 1 gallons
      - Total Bathtub Cubic Inches / 231 = number of gallons
  - When working with bleach, be sure the room is well ventilated
  - Allow shelves to air dry
  - Rinse with clean water before reinstalling
- Clean and sanitize or disinfect the inside of the refrigerator, freezer, and coolers
  - Wipe all surfaces with a spray cleaner that disinfects
    - Follow bottle directions for disinfection



- Alternatively, use a bleach solution with the formulas used for the drawers and shelving
- Any mold found in the refrigerator or freezer should be disinfected with bleach
  - Allow surfaces to air dry
  - Rinse well with clean water so the chemicals do not contaminate food

### **Step 3: Prepare Refrigerator and Freezer for Food Storage:**

- Do not place any food in the refrigerator or freezer until they have reached safe temperatures.
- Every Refrigerator is different
  - 41\* F or below for the refrigerator
  - 0\* F for the Freezer
- Many refrigerators and freezers cool better when they have something to cool.
  - Fill them with any remaining bottled water or beverages, mixing bowls full of water, or even plastic bags full of water.
  - This may speed up cooling time.

### **Step 4: Prepare a list of foods to restock your household and Emergency**

#### **Preparedness Kit:**

- Keep in mind it is still hurricane season
  - Keep freezer inventory minimal
  - Place leftover bottles of water in the freezer for readily accessible ice if you lose power again in another storm
  - Replace only the items that you know you will use on a regular basis
    - You don't want to restock only to have to throw food away after another storm
  - Inventory Emergency Preparedness Kit
    - Decide if you want to make any changes or additions & update

### **Step 5: Restock Food and Emergency Preparedness Items:**

- Purchase items from your list as needed and as able
- Seek Emergency Food Assistance if necessary



- Having to throw away so much food can be a big blow to families
- Disaster food Assistance from USDA; additional benefits from SNAP & WIC

## **Hurricane Season is Finally Over. Now what?**

### **Review your Kit**

**Q: Are there items that will expire before next hurricane season?**

A: Yes

- Food items that will expire before next season should be rotated into your everyday meals if possible
- Or you can donate these food items to a local foodbank

A: No

- Store these food items in a cool dry place.

**Q: Are there items in your kit you do not want to keep?**

A: Yes

- Consider donating them to a local foodbank

A: No

- Nice planning! You selected foods that fit your needs and preferences

### **Plan Ahead:**

**Q: Is there anything you wish you'd had in your emergency preparedness kit?**

A: Yes

- Add these items to your list for next year

A: No

- Nice Planning!

**Q: Would you like to start planning ahead for next Hurricane Season?**

A: Yes

- Great! Set a calendar reminder for May 1<sup>st</sup> of the following year to begin preparing for hurricane season

A: No

- Take a deep breath! You made it through this season! Now try to reconsider and add May 1<sup>st</sup> to your calendar.