

## Grocery List for Family of 4

### Purchase Before Storm:

- 1 package whole wheat pitas
- 1 packages whole wheat flatbreads
- 2 packages whole wheat tortillas

### Canned Goods:

#### Proteins:

- 2- 5 oz. cans chunk light tuna
- 2- 5-6 oz. cans chunk light chicken
- 4 pouches lemon and dill pink salmon steaks
- 2- 15-16 oz. jars creamy peanut butter
- 2- 15 oz. cans black beans
- 1- 15 oz. can kidney beans
- 1- 14 oz. bag chopped walnuts
- 1- 6-8 oz. bag slivered almonds

#### Vegetables:

- 2- 15 oz. cans yellow/white corn
- 2- 15 oz. cans diced tomatoes
- 2- 15 oz. cans sliced carrots
- 2- 15 oz. cans green peas
- 1 small/medium size can sliced mushrooms
- 1- 15 oz. can green beans

#### Fruits:

- 1- 15 oz. can pear halves

#### Fruit Cups:

- 1 package (4-6 servings) of each:  
citrus, pineapple, peach, gel

### Boxed/Packaged Goods:

- 1 box whole grain fruit and nut cereal
- 1 box crispy brown rice cereal
- 1 box/bag granola (your choice)
- 1- 2 pack ready to eat white rice
- 1 bag pretzels (your choice)
- 1 bag pea crisps
- 1 small box raisins
- 1 bag dried cranberries
- 1 bag dried apples
- 1 box taco shells

### Dairy:

- 8-12- 8 oz. ultrapasturized fat free milk
- 1- 4 pack ready to drink chocolate instant breakfast
- 1 shaker Parmesan cheese
- 1- 6 pack shelf stable orange juice
- 1- 4 pack vanilla pudding
- 1- 4 pack chocolate pudding

### Other:

- 1- 15 oz. jar grape jelly
- 1 small jar apple butter
- 1- 12 oz. bag semi-sweet chocolate chips
- 4 peanut butter cups
- 1- 8-12 oz. jar honey
- 1 small box sugar
- 8 individual graham cracker pie crusts

### Condiments/Seasonings:

- 1 jar salsa (your choice)
- 1 bottle barbeque sauce
- 1 dozen mayonnaise packets
- 1 small jar sweet relish
- Balsamic vinegar
- Red wine vinegar
- Olive oil
- Lemon juice
- Lime juice
- Vanilla extract
- Salt
- Seasoned salt
- Pepper
- Minced onion flakes
- Onion powder
- Curry powder
- Dried parsley
- Dried dill weed
- Garlic powder
- Rosemary
- Dried cilantro
- Dried oregano
- Tarragon



# Hurricane Meal Plan

3 Days of  
Creative,  
Delicious Meals  
For Your Family

## DAY 1

### Breakfast

\*Grandma Helen's Energy Bars

Whole Grain Fruit & Nut Cereal

8 oz fat-free milk

Citrus Fruit Cup



### Lunch

\*Tom's Tasty Tuna Salad on Whole Wheat Pita Bread

Side: Green Peas

Pineapple Fruit Cup

### Dinner

\*Uncle Bob's Black Bean and Corn Salad

Tacos

Sides: Ready-to-Eat Rice, Salsa



### Evening Snack

\* Paula's (Not Dean) Petite Pears with Rosemary Sugar

## DAY 2

### Breakfast

\*Little Noah's Vanilla Pudding Parfait

Instant Breakfast Ready-to-Drink, Chocolate



### Lunch

\*Nephew Peter's Peanut Butter and Jelly Sushi Rolls

Side: Pea Crisps



Peach Fruit Cup

### Dinner

\*Reggie's Chopped Barbeque Chicken Salad on Flat Bread

Side: \*Aunt Bernice's Balsamic Carrot Salad

### Evening Snack

\*Sheri's Easy Cranapple Pie

## DAY 3

### Breakfast

\*Granny Smith's Apple Quesadilla

8 oz fat-free milk



### Lunch

\*Charlie's Chicken Salad on Flatbread

Sides: Green Peas, Pretzels

Fruit Gel Cup

### Dinner

Lemon and Dill Salmon Steak  
\*Nana Rose's Marinated Green Beans and Mushrooms



### Evening Snack

\*Debi's Chocoholic Peanut Butter Pie

\*Please see recipe handout