

## Hurricane Grocery List

| Beans                               |                     |
|-------------------------------------|---------------------|
| <b>Black Beans, LOW SODIUM</b>      | 2 (14.5-ounce) Cans |
| <b>Cannellini Beans, LOW SODIUM</b> | 1 (14-ounce) Can    |
| <b>Chickpeas</b>                    | 1 (15-ounce) Can    |
| <b>Refried Beans</b>                | 2 Cups              |

| Beverages                 |             |
|---------------------------|-------------|
| <b>Bottled Water</b>      | 8 Gallons   |
| <b>Milk, Shelf-Stable</b> | 1 ¾ Gallons |

| Canned and Jarred Fruits          |                     |
|-----------------------------------|---------------------|
| <b>Cherries, Pitted</b>           | 2 Cups              |
| <b>Diced Tomatoes, LOW SODIUM</b> | 4 (14.5-ounce) Cans |
| <b>Fruit Cocktail</b>             | 3 Cups              |
| <b>Mandarin Oranges</b>           | 5 Cups              |
| <b>Peaches</b>                    | 6 Cups              |
| <b>Pears (in water)</b>           | 6 Cups              |
| <b>Pineapple (in water)</b>       | 3 Cups              |
| <b>Sun-Dried Tomatoes</b>         | 3 Ounces            |

| Proteins and Fats                                   |                   |
|---|-------------------|
| <b>Almond Butter (OR NUT/SEED BUTTER OF CHOICE)</b> | 1 ½ Cups          |
| <b>Roasted Almonds, UNSALTED</b>                    | 3 ½ Cups          |
| <b>Cashews, UNSALTED</b>                            | ¼ Cups            |
| <b>Chicken</b>                                      | 2 (15-ounce) Cans |
| <b>Coconut Flakes, UNSWEETENED</b>                  | 1 ½ Cups          |
| <b>Parmesan Cheese, GRATED</b>                      | 1 ¼ Cups          |
| <b>Pistachios, UNSHELLED</b>                        | 1 Cup             |
| <b>Salmon (in water), LOW SODIUM</b>                | 2 (5-ounce) Cans  |
| <b>Turkey Jerky</b>                                 | 8 Ounces          |
| <b>Walnuts</b>                                      | 2 Tablespoons     |
| <b>White Tuna (in water), UNSALTED</b>              | 2 (6-ounce) Cans  |

# The Villages Health



## Canned and Jarred Vegetables

|                                    |                      |
|------------------------------------|----------------------|
| Artichoke Hearts                   | 1 (14-ounce) Can     |
| Beets                              | 1 (16-ounce) Can     |
| Black Olives                       | ¾ Cups               |
| Carrots                            | 1 (14.5-ounce) Can   |
| Corn, LOW SODIUM                   | 2 (15-ounce) Cans    |
| Green Beans, LOW SODIUM            | 2 (14.5-ounce) Cans  |
| Lima Beans, LOW SODIUM             | 2 (15.25-ounce) Cans |
| Peas                               | 1 (15-ounce) Can     |
| Roasted Red Peppers,<br>LOW SODIUM | 1 ½ Cups             |
| Stir Fry Vegetables                | 2 (28-ounce) Cans    |



## Dried Fruit

|             |          |
|-------------|----------|
| Banana      | 1 Cup    |
| Blueberries | ½ Cup    |
| Dates       | 8 Ounces |
| Mango       | ¼ Cup    |
| Pineapple   | 1 Cup    |
| Raisins     | ½ Cup    |



## Snack Items

|                   |             |
|-------------------|-------------|
| Applesauce        | 4 Cups      |
| Chocolate Chips   | ½ Cup       |
| Crackers          | 12 Crackers |
| Marshmallow Fluff | 4 Teaspoons |
| Vanilla Wafers    | 24 Wafers   |



## Grains

|                            |                |
|----------------------------|----------------|
| Corn Taco Shells           | 8 Shells       |
| Granola                    | 1 Cup          |
| Shelf-Stable Focaccia Loaf | 1 Loaf         |
| Shelf-Stable Pita Pockets  | 4 Pita Pockets |
| Quick Cooking Oats         | 2 ¾ Cups       |
| Whole Grain Cereal         | 3 Cups         |
| Whole Wheat Tortillas      | 4 Tortillas    |

# The Villages Health

## Sauces, Spices and Herbs

|                      |               |
|----------------------|---------------|
| Balsamic Vinegar     | ¼ Cups        |
| Basil, DRIED         | 2 Teaspoons   |
| Black Pepper, GROUND | ¾ Teaspoon    |
| Cilantro, DRIED      | ¼ Teaspoon    |
| Cinnamon             | ½ Teaspoon    |
| Cocoa Powder         | 1 Teaspoon    |
| Dijon Mustard        | 2 Teaspoons   |
| Ginger, DRIED        | ¼ Teaspoon    |
| Honey                | 1 Cup         |
| Parsley, DRIED       | ¾ Cup         |
| Thyme, DRIED         | 1 Teaspoon    |
| Garlic Powder        | 5 Teaspoons   |
| Lemon Juice          | ¾ Cups        |
| Lime Juice           | 3 Tablespoons |
| Maple Syrup          | 1 Tablespoon  |
| Olive Oil            | 1 Cup         |
| Onion Powder         | 1 Teaspoon    |
| Pizza Sauce          | 2 Cups        |
| Red Pepper Flakes    | 2 Teaspoons   |
| Red Wine Vinegar     | ⅞ Cup         |
| Sweet Chili Sauce    | 2 Tablespoons |
| Salt                 | As Desired    |
| Tahini               | 2 Tablespoons |

## Miscellaneous

|                    |
|--------------------|
| Additional Water   |
| Bleach             |
| Disposable Cups    |
| Disposable Cutlery |
| Disposable Plates  |
| Manual Can Opener  |
| Paper Towels       |