

Medical and health supplies

- prescription medications
- prescribed medical supplies such as glucose and blood-pressure monitoring equipment
- fever and pain medicine, such as acetaminophen or ibuprofen
- cough and cold medicines
- antidiarrheal medication
- thermometer
- fluids with electrolytes
- soap and alcohol-based hand sanitizer
- lysol or Clorox wipes
- tissues, toilet paper, disposable diapers, tampons, sanitary napkins
- garbage bags
- gatorade for electrolytes

Nonperishable food at home

- canned meats, fruits, vegetables, and soups
- frozen fruits, vegetables, and meat
- protein or fruit bars
- dry cereal, oatmeal, or granola
- peanut butter or nuts
- pasta, bread, rice, and other grains
- canned beans
- chicken broth, canned tomatoes, jarred pasta sauce
- oil for cooking
- flour, sugar
- crackers
- coffee, tea, shelf-stable milk, canned juices
- bottled water
- canned or jarred baby food and formula
- pet food
- household supplies like laundry detergent, dish soap, and household cleaner
- comfort food – brownies. Cookies, candy, etc