



CDC Checklist: Winter Weather Food and Safety Supplies



- Have a week's worth of food and safety supplies.
- If you live far from other people, have more supplies on hand.

- Drinking water
- Canned/no-cook food (bread, crackers, dried fruits)
- Non-electric can opener
- Baby food and formula (if baby in the household)
- Prescription drugs and other medicine
- First-aid kit
- Rock-salt to melt ice on walkways
- Supply of cat litter or bag of sand to add traction on walkways
- Flashlight and extra batteries
- Battery-powered lamps or lanterns (To prevent the risk of fire, avoid using candles.)

