



Ready for Life  
Changing Lives Beyond Foster Care

# EMERGENCY PANTRY

## 2023 HURRICANE NEEDS

Each year RFL helps hundreds of young adults prepare evacuation plans, know their zones, gather emergency supplies, and weather the aftermath of storms. See our list of Emergency Needs below and help us get former foster youth Hurricane Ready!

### GAS & MEDICATIONS

\$20 gas cards  
\$20 Walmart gift cards

### EMERGENCY ITEMS

Small first aid kits  
Push lights with batteries  
Toilet paper  
Clorox wipes  
Baby wipes  
Can openers (*manual*)  
Gallon-size Ziploc bags (*for important electronics and papers*)  
Backpacks (*for evacuation*)  
Solar cellphone chargers  
Board games  
Children's activity books, small packs of crayons, etc.

Email [reception@readyforlifepinellas.org](mailto:reception@readyforlifepinellas.org) to schedule a supplies drop off or make a monetary donation [rflp.info/crisis](https://rflp.info/crisis).

Questions? Contact [mwalag@readyforlifepinellas.org](mailto:mwalag@readyforlifepinellas.org)

### SHELF STABLE FOOD

Vienna Sausages  
Canned Tuna  
Canned Ham  
Spam  
Canned Ravioli & Spaghetti  
Peanut Butter  
Jelly  
Crackers  
Velveeta Cheese  
Fruit Cups  
Canned Fruit  
Fruit Snacks  
Individual packs of snacks (*chips, cookies, crackers, candy, etc.*)  
Nuts  
Beef Jerky & Beef Sticks  
Turkey Jerky and Pepperoni  
Granola Bars  
Cereal Bars  
Pop Tarts  
Individual boxes of cereal  
Larger boxes of cereal  
Shelf Stable Milk  
Juice Boxes  
Gatorade  
Bottled Water