



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 to schedule a supplies drop off or make a monetary donation rflp.info/crisis.

Questions? Contact mforster@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