

Hurricane Florence Relief Supply List

- **Water** – cases of bottle water per person per day for at least three days, for drinking and **sanitation**.
- Food - at least a three-day supply of **non**-perishable food:
 - Peanut Butter
 - Whole wheat crackers
 - (consider vacuum packing to prolong freshness)
 - Nuts and trail mix
 - Cereal
 - Power bars and granola bars
 - Dried fruit.
 - Canned meat such as tuna, salmon, chicken and turkey
 - Canned vegetables such as beans, carrots, peas, etc.
 - Ready-to-eat canned meats, fruits, vegetables and can opener
 - Protein or fruit bars.
 - Dry cereal or granola
 - Dried fruit
 - Canned juices
 - Non-perishable pasteurized milk.
 - High energy foods
 - Canned tuna, meats, fruits & vegetables
 - Cup Noodles, Ramen Noodles
 - Tea & Coffee
 - Powdered milk
 - Coconut oil, Olive oil
 - Dried herbs & spices
 - Instant Potatoes
 - Spam
 - Baby Food

Cont'd on back

Hurricane Florence Relief Supply List

- **Water** – cases of bottle water per person per day for at least three days, for drinking and **sanitation**.
- Food - at least a three-day supply of **non**-perishable food:
 - Peanut Butter
 - Whole wheat crackers
 - (consider vacuum packing to prolong freshness)
 - Nuts and trail mix
 - Cereal
 - Power bars and granola bars
 - Dried fruit.
 - Canned meat such as tuna, salmon, chicken and turkey
 - Canned vegetables such as beans, carrots, peas, etc.
 - Ready-to-eat canned meats, fruits, vegetables and can opener
 - Protein or fruit bars.
 - Dry cereal or granola
 - Dried fruit
 - Canned juices
 - Non-perishable pasteurized milk.
 - High energy foods
 - Canned tuna, meats, fruits & vegetables
 - Cup Noodles, Ramen Noodles
 - Tea & Coffee
 - Powdered milk
 - Coconut oil, Olive oil
 - Dried herbs & spices
 - Instant Potatoes
 - Spam
 - Baby Food

Cont'd on back

Hurricane Florence Relief Supply List

- **Water** – cases of bottle water per person per day for at least three days, for drinking and **sanitation**.
- Food - at least a three-day supply of **non**-perishable food:
 - Peanut Butter
 - Whole wheat crackers
 - (consider vacuum packing to prolong freshness)
 - Nuts and trail mix
 - Cereal
 - Power bars and granola bars
 - Dried fruit.
 - Canned meat such as tuna, salmon, chicken and turkey
 - Canned vegetables such as beans, carrots, peas, etc.
 - Ready-to-eat canned meats, fruits, vegetables and can opener
 - Protein or fruit bars.
 - Dry cereal or granola
 - Dried fruit
 - Canned juices
 - Non-perishable pasteurized milk.
 - High energy foods
 - Canned tuna, meats, fruits & vegetables
 - Cup Noodles, Ramen Noodles
 - Tea & Coffee
 - Powdered milk
 - Coconut oil, Olive oil
 - Dried herbs & spices
 - Instant Potatoes
 - Spam
 - Baby Food

Cont'd on back

Hurricane Florence Relief Supply List

- Pampers
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert
- Flashlight.
- First aid kit
- Batteries
- Backpacks
- Lip balm
- Deodorant
- Lotion
- Hand Sanitizer
- Toothbrush & toothpaste
- A small bag to carry items
- An even smaller bag to carry pads/tampons

Drop off at EBC is **Tuesday, September 25th and Wednesday, September 26th, between 9:30am-4pm.**

If **you** would like to bring the items to EBC on **Monday, September 24th**, please contact **Bro. Dwight Benton at 757-675-5881.**

Please contact Bro. Benton if you are unable to get the items to EBC.

If you would like to take the items to New Beech Grove, the address is 361 Beechmont Drive (Children's Ministry building facing Warwick Blvd.) September 19th-26th, Mon—Friday, 9am-5pm.

Hurricane Florence Relief Supply List

- Pampers
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert
- Flashlight.
- First aid kit
- Batteries
- Backpacks
- Lip balm
- Deodorant
- Lotion
- Hand Sanitizer
- Toothbrush & toothpaste
- A small bag to carry items
- An even smaller bag to carry pads/tampons

Drop off at EBC is **Tuesday, September 25th and Wednesday, September 26th, between 9:30am-4pm.**

If **you** would like to bring the items to EBC on **Monday, September 24th**, please contact **Bro. Dwight Benton at 757-675-5881.**

Please contact Bro. Benton if you are unable to get the items to EBC.

If you would like to take the items to New Beech Grove, the address is 361 Beechmont Drive (Children's Ministry building facing Warwick Blvd.) September 19th-26th, Mon—Friday, 9am-5pm.

Hurricane Florence Relief Supply List

- Pampers
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert
- Flashlight.
- First aid kit
- Batteries
- Backpacks
- Lip balm
- Deodorant
- Lotion
- Hand Sanitizer
- Toothbrush & toothpaste
- A small bag to carry items
- An even smaller bag to carry pads/tampons

Drop off at EBC is **Tuesday, September 25th and Wednesday, September 26th, between 9:30am-4pm.**

If **you** would like to bring the items to EBC on **Monday, September 24th**, please contact **Bro. Dwight Benton at 757-675-5881.**

Please contact Bro. Benton if you are unable to get the items to EBC.

If you would like to take the items to New Beech Grove, the address is 361 Beechmont Drive (Children's Ministry building facing Warwick Blvd.) September 19th-26th, Mon—Friday, 9am-5pm.