



2026 HURRICANE PREPAREDNESS GUIDE

HURRICANE SEASON:
JUNE 1 - NOVEMBER 30

WWW.AGBR.COM/STORE-LOCATOR

Are you ready?

Hurricane season can bring devastating winds, flooding, and power outages, often with little warning. It's crucial to have an emergency plan, supplies, and evacuation route ready before a storm hits. Take the time to put together a plan in case disaster comes your way. Stay informed, stay alert, and take action early to protect yourself and your loved ones.

Like and Follow these Social Media Pages to Stay Informed on the Latest Updates



- Local Grocers
- National Weather Service (and for your specific area)
- Local News and Radio Stations
- FEMA
- Local Red Cross
- GOHSEP

Useful Apps

In the event of an emergency



Get A
Game Plan



Emergency:
Alerts



FEMA



Alert FM

Definitions/Terminology

- **Tropical Depression** - An organized system of clouds and/or thunderstorms with a closed wind circulation and wind speeds of 39 mph or less.
- **Tropical Storm** - An organized system of strong thunderstorms with a defined counterclockwise circulation and sustained wind speeds of 39-73mph.
- **Hurricane** - An intense tropical weather system with pronounced rotary circulation and sustained wind speeds of 74 mph or more. A hurricane includes wind, heavy rains and a storm surge.
- **Watch** - Conditions are POSSIBLE in the next 48 hours.
- **Warning** - Conditions are EXPECTED in the next 36 hours.
- **Storm Surge** - A rising of the sea along the shore that builds up as a storm moves over water. The result of atmospheric pressure changes and wind associated with a storm

2026 Storm Names

Arthur	Hanna	Omar
Bertha	Isaias	Paulette
Cristobal	Josephine	Rene
Dolly	Kyle	Sally
Edouard	Leah	Teddy
Fay	Marco	Vicky
Gonzalo	Nana	Wilfred

Saffir/Simpson Scale

CATEGORY	SUSTAINED WIND (mph)	TYPE OF DAMAGE
1	74 to 95	Minimal
2	96 to 110	Moderate
3	111 to 129	Extensive
4	130 to 156	Extreme
5	Greater than 156	Catastrophic



CATEGORY 1

CATEGORY 2

CATEGORY 3

CATEGORY 4

CATEGORY 5

OUR *Family* OF BRANDS



TopCare®



craV'n^{FLAVOR}

Emergency Supply Checklist



Non-Perishable Food Items (3 Day Supply Per Person)

- Baby Food
- Canned Soups & Broths
- Crackers, Cereals, Cookies, Breakfast Bars, Snacks
- Fruit/Vegetables (Canned or Dried)
- Fruit/Vegetable Juices
- Instant Coffee or Tea
- Canned Chili
- Canned Meat
- Nutrition Bars
- Peanut Butter & Jelly
- Pet Food
- Powdered/Evaporated Milk
- Unsalted Nuts
- Canned Beans
- Canned Pasta
- Gallon Water
- Sports Drinks
- Bottled Water



Emergency Supply Checklist Cont'd

Disaster Supply Kit

- Alarm Clock
(Battery Operated)
- Baby Supplies
(Baby Food, Diapers, Formula etc.)
- Batteries for Radio/
Flashlights For Several Days
- Battery-Operated or Crank Radio
- Blankets & Pillows
- Bucket for Water Collection
- Candles
- Cash or Travelers Checks
- Cell Phone & Chargers
(Car Charger)
- Change of Clothes
- Charcoal
- Cooler
- Disinfectant
- Disposable Plates, Cups, Utensils
- Paper Towels
- Fire Extinguisher
- First-Aid Kit
- Flashlight (One for Each Member)
- Garbage Bags
- Generator & Gas Can
- Heavy Work Boots & Gloves
- Ice
- Important Documents in
Waterproof Storage
- Manual Can Opener
- Mosquito Repellent
- Non-Perishable Foods
- Portable Fan/Heater
- Portable, Battery-Powered
Lanterns
- Sleeping Bag, Sheets,
Towels, Blankets
- Toilet Paper
- Toiletries
- Tools
(Hammer, Nails,
Ax, Knife, Screwdriver,
Duct Tape, etc.)
- Two-Week Supply of
Medicines, Prescriptions
- Unscented Bleach
to Purify Water
- Water Purification Tablets
- Waterproof Matches/
Butane Lighter


Disaster Evacuation Checklist



Nobody wants to leave their home, but in the event that an evacuation is necessary there are some things that you should be sure to keep with you.

Valuable Documents

- Bank Account Information
- Birth Certificate
- Computer Files
- Credit Cards
- Death Records
- Driver's License
- Health Insurance Cards
- Insurance Policies
- Inventory Of Household Goods (*photo or video*)
- Marriage License
- Medical Records
- Passport
- Proof Of Residence
- Social Security Card
- Vehicle Registration Papers
- Wills

A background image showing a long line of cars stuck in a traffic jam on a multi-lane highway. The cars are viewed from behind, and the scene is slightly hazy, suggesting a stressful or chaotic situation.

TIP: Take pictures of all rooms in your house and all valuable items that you cannot take with you.

Preparing for the Storm



Evacuation

- Fuel up vehicle and make sure it is in good working condition.
- Plan route.
- Get cash.
- Shut off water and electricity before leaving your home.
DO NOT turn off natural gas unless instructed.
- Empty refrigerator.
- Bring in outdoor furniture.
- Take important documents with you: insurance policies, home ownership documents, driver's license, vehicle registration and proof of insurance, medical records, birth and marriage certificates, important business and personal records, wills, etc.
- Review homeowner's or renter's insurance plans as it pertains to natural disasters.
- Give children their identification information to carry with them or write it somewhere on their body in indelible marker.
- Have 3-5 days of emergency supplies ready.
- Let family, friends and neighbors know your evacuation plans and where you can be reached.
- Stay tuned to your local radio broadcast for traffic reports, weather updates and evacuation instructions.

Preparing for the Storm Cont'd

Staying Home

- Board up all windows.
- Bring in outdoor furniture.
- Know how to turn off utilities.
- Have a family disaster supply kit (3-5 day supply).
- Fill bathtub or other large container with water for sanitary purposes.
- Make sure pets have proper identification, collars, and vaccination papers.
- Review homeowner's or renter's insurance plans as it pertains to natural disasters.
- Lower refrigerator temperature and only open when necessary.
- Let family, friends and neighbors know you plan to stay home for the storm.
- Stay tuned to your local radio and television broadcast for weather updates and instructions from local officials.



Generator Safety Tips

- Never connect a portable electric generator directly to your home wiring. This could cause the generator to backfeed onto the powerlines connected to your home.
- Generators use an internal combustion engine that emits deadly carbon monoxide. Run the generator in a well-ventilated, dry area away from intakes into the home and protected from rain.
- Store generator fuel outside of living areas in a properly labeled, non-glass safety container. Vapor from gasoline can travel undetected and be ignited by pilot lighters or sparks.
- Never refuel a generator while it is running; wait until it has cooled down.

Food Safety Guidelines

IF YOU LOSE POWER USE THESE PRACTICAL TIPS TO STAY SAFE FROM EATING SPOILED FOOD:

be

prepared

- *Before the storm, take an inventory of the items in your refrigerator and freezer and put the list on the refrigerator door so you know where everything is located.*
- *Only open the refrigerator and freezer doors when necessary. Minimal freezer door openings can keep frozen items safe for about two days. Minimal refrigerator door openings should keep food safe for about four to six hours.*
- *Discard any food that has been above 40° F for two hours or that has any unusual odor, color or texture. Never taste food to determine its safety!*
- *If the power is expected to be out for more than six hours, transfer refrigerated foods to an insulated cooler filled with ice and or frozen packs. Keep a thermometer in the cooler to make sure the food stays at 40° F or below.*

**For shelter information,
contact 2-1-1 or your Parish OHSEP**

Important Numbers and Websites



**Travelers
Information**



FEMA

www.fema.gov

www.disasterassistance.gov

1-800-621-3362



www.getagameplan.org



www.redcross.org

1-866-438-4636

Emergency Alert System

In the event of an emergency, these stations will broadcast emergency information:

- **Alexandria:** AM 970 (KSYL), AM 580/FM 96.9 (KZMZ), FM 93.1 (KQID)
- **Baton Rouge:** AM 1150 (WJBO), FM 102.5 (WFMF)
- **Biloxi:** FM 90.3 (WMAH)
- **Bude:** FM 88.9 (WMAU)
- **Crowley:** FM 102.9 (KAJN)
- **Lafayette:** AM 1330 (KVOL), FM 99.9 (KTDY)
- **Lake Charles:** AM 1470 (KLCL), FM 99.5 (KNGT)
- **New Orleans:** AM 870 (WWL), FM 101.9 (WLMG)
- **Northeast:** AM 540 (KMLB), FM 101.9 (KMXV)
- **Ruston:** AM 1490 (KRUS), FM 107.5 (KXKZ)
- **Shreveport:** AM 1130 (KWKH), FM 94.5 (KRUF)



After The Storm

Downed power lines, broken water, sewer or gas lines, clogged roadways and dangling tree limbs are just a few of the lingering hazards that must be dealt with after a storm has moved through the area. So in addition to making a plan in advance for how your family will prepare for weather emergencies, you should create a family plan for safely navigating your way back to normal life after the weather threat has ended.

- Wait until an area is declared safe before entering; listen to local officials.
- Do not drive in areas where roads are closed. Do not drive around barricades.
- Avoid weakened bridges and washed out roads.
- Keep monitoring radio and TV if possible.
- Check with local officials to determine if water is safe. Do not drink or prepare food with tap water until you are certain it is not contaminated.
- Floodwater can pick up sewage and chemicals from roads, farms and factories. If your home has been flooded, protect your family's health by cleaning your home immediately.
- Make sure that your children do not play or swim in floodwater.
- Two (2) weeks after floodwater subsides, drain wells, sanitize well and water lines and test water.
- Never try to touch or move downed lines or repair broken electric or gas connections.
- Be extremely careful clearing storm debris, which may camouflage downed power lines, serve as hiding places for wild animals or be contaminated with raw sewage or other hazards.
- Check all canned or stored dry goods for quality before consuming them. Toxins can form quickly in the form of bacteria or mold in the hot, humid days after a storm.

If you have the slightest doubt about the water's safety for drinking, purify it by using one of the following methods:

- Boil for 10 minutes and pour between containers to replenish oxygen.
- Add eight (8) drops of plain liquid chlorine bleach (5.25% sodium hypochlorite/no soap) per gallon and wait four (4) hours before drinking.
- Add water purification tablets per the manufacturer's instructions.



**Visit Your Local
Associated Grocers
Retail Member Store.**

For store locations, scan the
QR code or visit AGBR.com!

OUR *Family* OF
BRANDS

EXPERIENCE THE SAVINGS!
Great Products. Great Quality. Great Taste.

