

April Disaster Preparedness Emergency Kit



Family Disaster Supplies

The Family Disaster Supplies Calendar is intended to help you prepare for disasters before they happen. Using the calendar, your family can assemble an emergency kit in small steps over a six month period. Check off each week as you gather the contents. Supplies may be stored all together in a large plastic garbage can or food may be kept on kitchen shelves. Remember to rotate your perishable supplies and change water every six months.

Suggested Foods

Select based on your family's needs and preferences. Pick low-salt, water-packed varieties when possible.

Canned Meat	Tuna, chicken, raviolis, chili, beef stew, spam, corned beef, etc.
Vegetables	Green beans, kernel corn, peas, beets, kidney beans, carrots, etc.
Fruit	Pears, peaches, mandarin oranges, apple-sauce, etc.
Cereal	Cheerios, Chex, Kix, Shredded Wheat, etc.
Quick Energy Snacks	Granola bars, raisins, etc.

In Case of evacuation, your "Go-Pack" should:

- Be in a back pack or other similar container that is easily carried
- Contain your most important items such as a change of clothes, quarters for pay phones, out-of-state contact information, medications, important papers, etc.

Week 5	Grocery Store
☐ 1 gallon of water* ☐ 1 can meat* ☐ 1 can fruit* ☐ 1 can vegetables* ☐ 2 rolls toilet paper* ☐ Extra toothbrush* ☐ Travel size toothpaste	Also: special food for special diets, if needed.
To Do: ☐ Have a fire drill at home	

Week 6	First Aid Supplies
☐ Compresses ☐ Aspirin and/or acetaminophen ☐ Rolls of gauze or bandages ☐ First aid tape ☐ Adhesive bandages (in assorted sizes)	Also: extra hearing aid batteries, if needed.
To Do: ☐ Check with your child's day care or school to find out about their disaster plan	

Week 7	Grocery Store
☐ 1 gallon of water* ☐ 1 can ready-to-eat soup (not concentrate)* ☐ 1 can fruit* ☐ 1 can vegetables*	Also: extra plastic baby bottles, formula and diapers, if needed.
To Do: ☐ Establish an out-of-state contact to call in case of emergency	

Week 8	First Aid Supplies
☐ Scissors ☐ Tweezers ☐ Antiseptic ☐ Thermometer ☐ Liquid hand soap ☐ Disposable hand wipes ☐ Sewing kit	Also: extra eyeglasses, if needed
To Do: ☐ Place a pair of shoes and a flashlight under your bed so that they are handy during an emergency	

* Purchase for each member of family