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## 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 of 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 1                                                  | Grocery Store                                          |
|---------------------------------------------------------|--------------------------------------------------------|
| <input type="checkbox"/>                                | 1 gallon of water*                                     |
| <input type="checkbox"/>                                | 1 jar peanut butter*                                   |
| <input type="checkbox"/>                                | 1 large can juice*                                     |
| <input type="checkbox"/>                                | 1 can meat*                                            |
| <input type="checkbox"/>                                | Hand-operated can opener                               |
| <input type="checkbox"/>                                | Instant coffee, tea,<br>powdered soft drinks           |
| <input type="checkbox"/>                                | Permanent marking pen to<br>mark date on cans          |
| (remember 1 gallon of water for<br>each pet)            |                                                        |
| Also: pet food, diapers, and/or<br>baby food, if needed |                                                        |
| <u>To Do;</u>                                           |                                                        |
| <input type="checkbox"/>                                | Make a family plan                                     |
| <input type="checkbox"/>                                | Date each perishable food<br>item using a marking pen. |

| Week 2                                                                                                                                                                                                                    | Hardware Store |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|
| <input type="checkbox"/> Crescent wrench<br><input type="checkbox"/> Heavy rope<br><input type="checkbox"/> Duct tape<br><input type="checkbox"/> 2 flashlights with batteries<br><input type="checkbox"/> "Bungee" cords |                |
| <p>Also: a leash or carrier for your pet, if needed.</p>                                                                                                                                                                  |                |
| <p><u>To Do:</u></p> <input type="checkbox"/> Check your house for hazards<br><br><input type="checkbox"/> Locate your gas meter and water shutoffs and attach a wrench near them.                                        |                |

| Week 3                                                                                                                                                                                                                                                                      | Grocery Store      |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------|
| <input type="checkbox"/>                                                                                                                                                                                                                                                    | 1 gallon of water* |
| <input type="checkbox"/>                                                                                                                                                                                                                                                    | 1 can meat*        |
| <input type="checkbox"/>                                                                                                                                                                                                                                                    | 1 can fruit*       |
| <input type="checkbox"/>                                                                                                                                                                                                                                                    | Sanitary napkins   |
| <input type="checkbox"/>                                                                                                                                                                                                                                                    | Video tape         |
| <p>(remember 1 gallon of water for each pet)</p> <p>Also: pet food, diapers, and/or baby food if needed.</p>                                                                                                                                                                |                    |
| <p><u>To Do:</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Use a video camera to tape contents of your home for insurance purposes.</li> <li><input type="checkbox"/> Store video tape with friends/family member who live out of town</li> </ul> |                    |

| Week 4                                                                                                                                                                | Hardware Store |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|
| <input type="checkbox"/> Plumber's tape<br><input type="checkbox"/> Crowbar<br><input type="checkbox"/> Smoke detector with battery                                   |                |
| <p>Also: extra medications or a prescription marked "emergency use," if needed</p>                                                                                    |                |
| <p><u>To Do:</u></p> <input type="checkbox"/> Install or test your smoke detector<br><br><input type="checkbox"/> Tie water heater to wall studs using plumber's tape |                |

\* Purchase for each member of family