

Your

Family Preparedness Supplies Calendar

Use this Family Preparedness Supplies Calendar to prepare for emergencies before they happen. Using this 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 can be stored all together in a large plastic garbage can or food can be kept on kitchen shelves. Remember to rotate your perishable supplies and change water every six months.

Week 1

Grocery Store

- 1 gallon of water*
- 1 jar of peanut butter*
- 1 large can of juice*
- 1 can meat*
- hand-operated can opener
- instant coffee, tea, powdered soft drinks
- permanent marking pen to mark dates on cans

Pet food, diapers, and/or baby food?

(Remember, one gallon of water for each pet.)

To Do

- Make a family plan.
- Date each perishable food item using the marking pen.

Week 2

Hardware Store

- adjustable wrench
- heavy rope
- duct tape
- 2 flashlights with batteries
- "bungee" cords

To Do

- Check the house for hazards.
- Locate the gas meter and water shutoff. Attach a shutoff tool near each one.

Week 3

Grocery Store

- 1 gallon of water*
- 1 can meat*
- 1 can fruit
- sanitary napkins
- video tape

(Remember one gallon of water for each pet.)

To Do

- Use a video camera to tape the contents of the house for insurance purposes.
- Store the video tape with family or a friend who lives out of town.

Week 4

Hardware Store

- plumbers tape
- crow bar
- smoke detector with battery

To Do

- Install or test the smoke detector(s).
- Secure the hot water heater to wall studs using the plumbers tape.

* One item per family member.

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

Special food for special diets?

To Do

- Have a fire drill at home.

Week 6

First Aid Supplies

- aspirin and/or acetaminophen
- compresses
- rolls of gauze or bandages
- first aid tape
- adhesive bandages (assorted sizes)

Extra hearing aid batteries?

To Do

- Check with your child's day care or school to find out about their disaster plans.

Week 7

Grocery Store

- 1 gallon of water*
- 1 can ready-to-eat soup (not concentrated)*
- 1 can fruit
- 1 can vegetables

Extra plastic baby bottles, formula and diapers?

To Do

- Establish an out-of-state contact to call in case of an emergency.

Week 8

First Aid Supplies

- scissors
- tweezers
- antiseptic
- thermometer
- liquid hand soap
- disposable hand wipes
- sewing kit

Extra eyeglasses?

To Do

- Place a pair of shoes and a flashlight under your bed so that they are handy in an emergency.

Week 9

Grocery Store

- 1 can ready-to-eat soup*
- liquid dish soap
- plain liquid bleach
- 1 box heavy-duty garbage bags

Saline solution and a contact lens case?

To Do

- Send some of your favorite family photos (or copies) to family members out of state for safe

Week 10

Hardware Store

- waterproof portable plastic container (with lid) for important papers
- portable AM/FM radio (with batteries)

Blankets or sleeping bags for each family member?

To Do

- Make photocopies of important papers and store safely.

Week 11

Grocery Store

- 1 large can juice*
- large plastic food bags
- 1 box quick energy snacks
- 3 rolls paper towels

Sunscreen?

To Do

- Store a roll of quarters for emergency phone calls.
- Have a family hunt to find a pay phone near your home.

Week 12

First Aid Supplies

- anti-diarrhea medicine
- rubbing alcohol
- 2 pr. latex gloves
- syrup of ipecac and activated charcoal
- children's vitamins

Items for denture care?

To Do

- Have a family hunt to locate the main gas and water shutoffs.

Week 13

Hardware Store

- whistle
- ABC fire extinguisher
- pliers
- vise grips

To Do

- Take a first aid and CPR class.

Week 14

Grocery Store

- 1 can fruit*
- 1 can meat*
- 1 can vegetables*
- 1 package paper plates
- 1 package eating utensils
- 1 package paper cups

To Do

- Plan to check on a neighbor that might need help in an emergency.

Week 15

Hardware Store

- extra flashlight batteries
- masking tape
- claw hammer
- assorted nails
- "L" brackets to secure tall furniture to wall studs
- wood screws

To Do

- Brace shelves and cabinets.

Week 16

Grocery Store

- 1 can meat*
- 1 can vegetables*
- 1 box large heavy-duty garbage bags
- facial tissue
- 1 box quick energy snacks (granola bars, nuts, raisins, etc.)

To Do

- Find out if you have a neighborhood safety organization and join it!

Week 17

Grocery Store

- 1 box graham crackers
- assorted plastic containers with lids
- assorted safety pins
- dry cereal

To Do

- Arrange for a friend or neighbor to help your children if you are at work.

Week 18

Hardware Store

- "childproof" latches or other fasteners for cupboards
- double-sided tape or hook-and-latch fasteners to secure moveable objects

To Do

- Make a "go-pack" in case you need to evacuate.

Week 19

Grocery Store

- 1 box large heavy-duty garbage bags
- 1 box quick energy snacks

To Do

- Have an earthquake drill at home.

Week 20

Hardware Store

- camping or utility knife
- extra radio batteries
- escape ladder for second story bedrooms

To Do

- Find out about your workplace disaster plans.

Week 21

Hardware Store

- heavy work glove
- 1 box disposable dust masks
- flatbladed screwdriver

Week 22

Grocery Store

- extra hand operated can opener
- 3 rolls paper towels

Week 23

Hardware Store

- battery powered camping lantern with extra battery or extra flashlights

Week 24

Grocery Store

- large plastic food bags
- plastic wrap
- aluminum foil

* One item per family member.

CREATE A FAMILY EMERGENCY SUPPLIES KIT

To Get Started

- Check your home for supplies that you already have.
- Decide where to store supplies. (Food can be packed together in a single container or kept on shelves for easy rotation.)

Meet With Your Family to Plan

- Discuss the types of emergencies that could occur.
- Decide how to prepare. Decide when and how to respond.
- Discuss what to do if you need to evacuate.
- Practice your plan.

Suggested Foods

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

Canned meat	tuna, chicken, ravioli, chili, beef stew, Spam, corned beef, etc.
Meat substitutes	lentils, kidney beans, refried beans,
Vegetables	green beans, kernel corn, peas, beets, carrots, etc.
Fruit	pears, peaches, mandarin oranges, applesauce, etc.
Cereal	Cheerios, Chex, Kix, shredded wheat, etc.
Quick energy snacks	granola bars, raisins, nuts, Power Bars.

In case of an evacuation, your “go-pack” should:

- be in a back pack or other similiar 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.