



## 20 Weeks to Preparedness



### Week 13

#### Things to do:

- Obtain cash and/or traveler's checks.

#### Items to Purchase:

- 1 gallon of water\*
- 1 can of meat\*
- 1 can of ready to eat soup and/or pastas\*
- 1 box of dry cereal
- 1 box of crackers

\* per person

**Note:** Always check expiration dates. Make the item last as long as possible (at least through November 30).

*Shopping lists are just a guide. Please adjust to your family's needs.*