Week 17

Things to do:

☐ Make sure your pet’s vaccinations are current. Get a copy of the records from your veterinarian.

Items to Purchase:

☐ 1 gallon of water*
☐ 1 can of meat*
☐ 1 can of ready-to-eat soup and/or pasta*
☐ 1 canned fruit*
☐ 1 can of vegetables*
☐ 1 box of quick energy snacks

* 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.*