



20 Weeks to Preparedness



Week 20

Items to Purchase

- 1 gallon of water*
- 1 can of meat*
- 1 can of ready-to-eat soup and/or pastas*
- 1 can of vegetables*
- 1 box of quick energy snacks
- 1 box of dry cereal
- Extra prescription medication

* 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.