Week 1

Things to do:

☐ If you haven’t already, make a Family Plan and a Pet Plan.

☐ If you have a current disaster kit, rotate out soon to be expired foods and medicines.

Items to Purchase:

☐ 1 gallon of water*

☐ 1 can of meat*

☐ 1 canned fruit*

☐ 1 can of vegetables*

☐ Portable AM/FM radio with batteries or hand crank

* 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.