



## 20 Weeks to Preparedness



### Week 6

#### Items to Purchase:

- 1 box of heavy duty garbage bags
- 1 box of large plastic zip-type food bags
- 1 package of disposable cups
- 1 package of disposable plates
- 1 package of disposable utensils
- 2 rolls of paper towels
- Aluminum foil

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