



20 Weeks to Preparedness



Week 7

Things to do:

- Establish an out-of-state contact.

Items to Purchase:

- 1 gallon of water*
- 1 can of meat*
- 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.