Week 9

Things to do:

☐ Check batteries in the smoke detectors.

Items to Purchase:

☐ 1 gallon of water*
☐ 1 can of meat*
☐ 1 canned fruit*
☐ 1 can of vegetables*
☐ Instant coffee, tea or powdered drink
☐ 1 box of heavy duty garbage bags
☐ Plastic wrap
☐ Aspirin, acetaminophen and/or ibuprofen

* 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.