



## 20 Weeks to Preparedness



### 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.*