



20 Weeks to Preparedness



Week 13

Things to do:

- ☐ Obtain cash and/or traveler's checks.

Items to Purchase:

- ☐ 1 gallon of water*
- ☐ 1 can of meat*
- ☐ 1 can of ready to eat soup and/or pastas*
- ☐ 1 box of dry cereal
- ☐ 1 box of crackers

* 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.