



20 Weeks to Preparedness



Week 1

Things to do:

- ☐ If you haven't already, make a Family Plan and a Pet Plan.
- ☐ If you have a current disaster kit, rotate out soon to be expired foods and medicines.

Items to Purchase:

- ☐ 1 gallon of water*
- ☐ 1 can of meat*
- ☐ 1 canned fruit*
- ☐ 1 can of vegetables*
- ☐ Portable AM/FM radio with batteries or hand crank

* 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.