



20 Weeks to Preparedness



Week 4

Items to Purchase:

- ☐ 1 gallon of water*
- ☐ 1 can of meat*
- ☐ 1 canned fruit*
- ☐ 1 can of vegetables*
- ☐ 1 can of ready-to-eat soup*
- ☐ 1 package of disposable plates
- ☐ 1 package of disposable utensils

* 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.