



An Avera Partner

20 Weeks to Preparedness

<p style="text-align: center;"><b>Be Prepared!</b> <b>Develop An Emergency Kit.</b></p> <p>This Emergency Supplies Calendar is intended to help you prepare for emergencies before they happen. Using the calendar, you can assemble an emergency supplies kit in small steps over a five-month period. Check off items you gather each week. Remember to change and replace perishable supplies by the expiration date.</p> <p><small>*Purchase one for each member of the household. **Per person / per day</small></p> <p><small>(Adopted from NE Nebraska Public Health Dept. Preparation Guide for Emergencies – Be Prepared!)</small></p>	<p style="text-align: center;"><b>WEEK 1</b></p> <p><b>Grocery Store:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 gallon water **</li> <li><input type="checkbox"/> 1 lg can juice*</li> <li><input type="checkbox"/> 1 jar peanut butter</li> <li><input type="checkbox"/> Permanent marker</li> <li><input type="checkbox"/> Hand-operated can opener</li> <li><input type="checkbox"/> Pet food, diapers, and baby food if needed.</li> </ul> <p><b>To Do:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Complete a personal assessment of your needs and resources in a disaster environment.</li> <li><input type="checkbox"/> Date each perishable food item using marking pen.</li> </ul>
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