



An Avera Partner

20 Weeks to Preparedness

**Be Prepared!**

**Develop An Emergency Kit.**

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.

\*Purchase one for each member of the household.

\*\*Per person / per day

(Adopted from NE Nebraska Public Health Dept. Preparation Guide for Emergencies – Be Prepared!)

**WEEK 14**

**Grocery Store:**

- 1 can vegetables\*
- 1 can fruit\*
- 1 can meat\*
- Cups
- 1 package eating utensils
- 1 package paper

**To Do:**

- Practice using alternate methods of evacuation.



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