



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 16

Grocery Store:

- 1 can vegetables*
- 1 box quick energy snacks
- 1 can meat*
- Dried fruits/nuts
- 1 box facial tissue

To Do:

- Develop a disaster supplies kit for your vehicle. According to FEMA, “This kit should contain food, water, first aid supplies, flares, jumper cables, and seasonal supplies.” Also, don’t forget a cell phone and charger.



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