



An Avera Partner

20 Weeks to Preparedness

<p style="text-align: center;">Be Prepared! Develop An Emergency Kit.</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>*Purchase one for each member of the household. **Per person / per day</p> <p>(Adopted from NE Nebraska Public Health Dept. Preparation Guide for Emergencies – Be Prepared!)</p>	<p style="text-align: center;">WEEK 5</p> <p>Grocery Store:</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 can vegetables* <input type="checkbox"/> 1 can fruit* <input type="checkbox"/> 1 can meat* <input type="checkbox"/> 2 rolls toilet paper <input type="checkbox"/> Travel size toothpaste (provided) <input type="checkbox"/> Extra tooth brush (provided) <input type="checkbox"/> Food for special diets, if needed. <p>To Do:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Date each perishable food item using marker.
---	---



An Avera Partner

20 Weeks to Preparedness

<p style="text-align: center;">Be Prepared! Develop An Emergency Kit.</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>*Purchase one for each member of the household. **Per person / per day</p> <p>(Adopted from NE Nebraska Public Health Dept. Preparation Guide for Emergencies – Be Prepared!)</p>	<p style="text-align: center;">WEEK 5</p> <p>Grocery Store:</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 can vegetables* <input type="checkbox"/> 1 can fruit* <input type="checkbox"/> 1 can meat* <input type="checkbox"/> 2 rolls toilet paper <input type="checkbox"/> Travel size toothpaste (provided) <input type="checkbox"/> Extra tooth brush (provided) <input type="checkbox"/> Food for special diets, if needed. <p>To Do:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Date each perishable food item using marker.
---	---



An Avera Partner

20 Weeks to Preparedness

<p style="text-align: center;">Be Prepared! Develop An Emergency Kit.</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>*Purchase one for each member of the household. **Per person / per day</p> <p>(Adopted from NE Nebraska Public Health Dept. Preparation Guide for Emergencies – Be Prepared!)</p>	<p style="text-align: center;">WEEK 5</p> <p>Grocery Store:</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 can vegetables* <input type="checkbox"/> 1 can fruit* <input type="checkbox"/> 1 can meat* <input type="checkbox"/> 2 rolls toilet paper <input type="checkbox"/> Travel size toothpaste (provided) <input type="checkbox"/> Extra tooth brush (provided) <input type="checkbox"/> Food for special diets, if needed. <p>To Do:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Date each perishable food item using marker.
---	---



An Avera Partner

20 Weeks to Preparedness

<p style="text-align: center;">Be Prepared! Develop An Emergency Kit.</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>*Purchase one for each member of the household. **Per person / per day</p> <p>(Adopted from NE Nebraska Public Health Dept. Preparation Guide for Emergencies – Be Prepared!)</p>	<p style="text-align: center;">WEEK 5</p> <p>Grocery Store:</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 can vegetables* <input type="checkbox"/> 1 can fruit* <input type="checkbox"/> 1 can meat* <input type="checkbox"/> 2 rolls toilet paper <input type="checkbox"/> Travel size toothpaste (provided) <input type="checkbox"/> Extra tooth brush (provided) <input type="checkbox"/> Food for special diets, if needed. <p>To Do:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Date each perishable food item using marker.
---	---