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| **Your Disaster Supplies Calendar**The Family Disaster Supplies Calendar is intended to help you prepare for disasters before they happen. Using the calendar, your family can assemble an emergency kit in small steps over a six month period. Check off each week as you gather the contents. Supplies may be stored all together in a large plastic garbage can or food may be kept on kitchen shelves. Remember to rotate your perishable supplies and change water every six months.

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| **Week 1** | **Week 2** | **Week 3** | **Week 4** |
| **Grocery Store** 1 gallon of water  1 jar peanut butter  1 large can juice\*  1 can meat  hand operated can opener  instant coffee, tea, powdered drinks  permanent marking pen to mark date on cans(remember 1 gallon of water for each pet) Also: pet food, diapers, and /or baby food if needed  | **Hardware Store** crescent wrench  heavy rope  duct tape  2 flashlights with batteries  "bungee" cords Also: a leash or carrier for your pet if needed  | **Grocery Store** 1 gallon of water\*  1 can meat\*  1 can fruit\*  sanitary napkins  video tape (remember 1 gallon of water for each pet)  | **Hardware Store** plumber's tape  crowbar  smoke detector with battery Also: extra medications or a prescription marked "emergency use" if needed  |
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| **To Do** make a family plan  date each perishable food item using marking pen.  | **To Do** check your house for hazards  Locate your gas meter and water shutoffs and attach a wrench near them  | **To Do** use a video camera to tape the contents of your home for insurance purposes.  store video tape with friend/family member that lives out of town.  | **To Do** Install or test your smoke detector  tie water heater to wall studs using plumbers tape.  |
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| **Week 5** | **Week 6** | **Week 7** | **Week 8** |
| **Grocery Store** 1 gallon of water  1 can meat  1 can fruit  1 can vegetables  2 rolls toilet paper  extra toothbrush  travel size toothpaste Also: special foods for special diets if needed  | **First Aid Supplies** aspirin and/or acetaminophen  compresses  rolls of gauze or bandages  first aid tape  Adhesive bandages-assorted sizes Also: extra hearing aid batteries if needed  | **Grocery Store** 1 gallon of water\*  1 ready to eat soup (not concentrate)  1 can fruit\*  1 can vegetables Also: extra plastic baby bottles, formula, and diapers if needed  | **First Aid Supplies** scissors  tweezers  antiseptic  thermometer  liquid hand soap  disposable hand wipes  sewing kit Also: extra eyeglasses if needed  |
| **To Do** have a fire drill at home  | **To Do** check with your child's day care or school to find out about their disaster plans.  | **To Do** establish an out of state contact to call in case of emergency  | **To Do** place a pair of shoes and a flashlight under your bed so that they are handy during an emergency.  |
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| **Week 9** | **Week 10** | **Week 11** | **Week 12** |
| **Grocery Store** 1 can ready to eat soup  liquid dish soap  *plain liquid bleach*  1 box heavy duty garbage bags Also: saline solution and a contact lens case, if needed  | **Hardware Store** waterproof portable plastic container (with lid) for important papers  portable AM/FM radio Also: blankets or sleeping bag for each family member  | **Grocery Store** 1 large can juice\*  1 large plastic food bags\*  1 box quick energy snacks\*  3 rolls paper towels Also: sunscreen, if needed  | **First Aid Supplies** anti-diarrhea medicine  rubbing alcohol  2 pair latex gloves  ipecac syrup and activated charcoal (for accidental poisoning)  children's vitamins Also: items for denture care if needed  |
| **To Do** Send some of your favorite family photos (or copies) to family members out of state for safe keeping.  | **To Do** Make photocopies of important papers and store safely.  | **To Do** Store a roll of quarters for emergency phone calls.  Go on a hunt with your family to find a pay phone near home.  | **To Do** Take your family on a field trip to gas meter and water meter shutoffs.  |
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| **Week 13** | **Week 14** | **Week 15** | **Week 16** |
| **Hardware Store** whistle  ABC fire extinguisher  pliers  vise grips  | **Grocery Store** 1 can fruit\*  1 can meat\*  1 can vegetables\*  1 package paper plates  1 package eating utensils  1 package paper cups  adult vitamins  | **Hardware Store** extra flashlight batteries  masking tape  hammer  assorted nails  "L" brackets to secure tall furniture to wall studs  wood screws  | **Grocery Store** 1 can meat\*  1 can vegetables\*  1 box large heavy duty garbage bags  Kleenex  1 box quick energy snacks (such as granola bars or raisins)  |
| **To Do** Take a first aid/CPR class  | **To Do** Make a plan to check on a neighbor who may need help in an emergency  | **To Do** Brace shelves and cabinets  | **To Do** Find out if you have a neighborhood safety organization and join it!  |
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| **Week 17** | **Week 18** | **Week 19** | **Week 20** |
| **Grocery Store** 1 box of graham crackers  assorted plastic containers with lids  assorted safety pins  dry cereal  | **Hardware Store** "child proof" latches or other fasteners for your cupboards  double-sided tape or Velcro-type fasteners to secure moveable objects  | **Grocery Store** 1 box large heavy duty garbage bags  1 box quick energy snacks (such as granola bars or raisins)  | **Hardware Store** camping or utility knife  extra radio batteries Also: purchase an emergency escape ladder for second story bedrooms if needed.  |
| **To Do** Arrange for a friend or neighbor to help your children if you are at work.  | **To Do** Pack a "go-pack" in case you need to evacuate  | **To Do** Have an earthquake drill at home.  | **To Do** Find out about your workplace disaster plans.  |
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| **Week 21** | **Week 22** | **Week 23** | **Week 24** |
| **Hardware Store** heavy work gloves  1 box disposable dust masks  screwdriver  plastic safety goggles  | **Grocery Store** extra hand operated can opener  3 rolls paper towels  | **Hardware Store** battery powered camping lantern with extra battery or flashlights  | **Grocery Store** large plastic food bags  plastic wrap  |

**Create a Family Disaster Supplies Kit****To Get Started*** Check your house for supplies that you already have on hand.
* Decide where you will store supplies (food may be packed together in a single container or kept on shelves for easy rotation).

**Meet With Your Family to Plan*** Discuss the types disasters that could occur.
* Explain how to prepare; explain when and how to respond.
* Discuss what to do if you need to evacuate.
* Practice your plan.

**Suggested Foods**

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| Select based on your family's needs and preferences. Pick low-salt, water-packed varieties when possible |
| **Canned Meat** | tuna, chicken, raviolis, chili, beef stew, spam, corned beef, etc. |
| **Vegetables** | green beans, kernel corn, peas, beets, kidney beans, carrots, etc. |
| **Fruit** | pears, peaches, mandarin oranges, applesauce, etc. |
| **Cereal** | Cheerios, Chex, Kix, Shredded Wheat, etc. |
| **Quick energy snacks** | granola bars |

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