

Your Family Disaster Supplies & Preparedness Calendar



The Family Disaster Supplies & Preparedness Calendar is intended to help you take appropriate preparedness actions and create a 3–7 day disaster supply kit before the next emergency happens. Using the calendar, your family can assemble an emergency kit in small steps over a six month period. Check off each of the items you collect or the actions you take during the week. Supplies may be stored all together in a large plastic garbage can with wheels, putting the heavy items at the bottom. When medical supplies, flashlights and emergency items are placed near the top, they can be located quickly for inspecting and restocking. Remember to rotate your perishable supplies and change water every six months. **Review this calendar every six months.** For example, each time you change your clock, review this list.

Note: You should store 1–2 gallons of water per person for each day. This water is for consumption and sanitation. For this reason the calendar repeats the need to purchase water several times.

MONTH ONE			
Week One	Week Two	Week Three	Week Four
<p>Grocery Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 gallon of water* <input type="checkbox"/> 1 jar peanut butter* <input type="checkbox"/> 1 large can juice* <input type="checkbox"/> hand-operated can opener <input type="checkbox"/> instant coffee, tea, powdered soft drinks <input type="checkbox"/> permanent marking pen to mark date on cans & bottled water <input type="checkbox"/> 1 gallon of water for each pet 	<p>Hardware Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> crescent wrench <input type="checkbox"/> heavy rope <input type="checkbox"/> duct tape <input type="checkbox"/> 2 flashlights with batteries <input type="checkbox"/> bungee cords <input type="checkbox"/> water proof matches 	<p>Grocery Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 gallon of water* <input type="checkbox"/> 1 can meat* <input type="checkbox"/> 1 can fruit* <input type="checkbox"/> sanitary napkins <input type="checkbox"/> video tape <input type="checkbox"/> 1 gallon of water for each pet 	<p>Hardware Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> plumber's tape <input type="checkbox"/> crow bar <input type="checkbox"/> smoke detector with battery <input type="checkbox"/> tarp
<p>Also: pet food, diapers, and/or baby food if needed.</p>		<p>Also: pet food, diapers, and/or baby food if needed.</p>	<p>Also: extra medications or prescription marked "emergency use," if needed</p>
<p>To Do</p> <ul style="list-style-type: none"> <input type="checkbox"/> Establish an out-of-state contact to call in case of disaster. <input type="checkbox"/> Prepare a list of important phone numbers: out-of-state contact, physicians, veterinarian, family, creditors, insurance, etc. <input type="checkbox"/> Make a family plan. Follow the information from the Workbook or Red Cross brochures. 	<p>To Do</p> <ul style="list-style-type: none"> <input type="checkbox"/> Check your house for hazards. Follow the Reduce Hazards Booklet or Red Cross brochures. <input type="checkbox"/> Identify which hazards you will reduce first. <input type="checkbox"/> Locate your gas meter and water shutoffs and attach the proper tool near each. <input type="checkbox"/> Obtain a collar-tag or microchip for your pet for emergency identification 	<p>To Do</p> <ul style="list-style-type: none"> <input type="checkbox"/> Use a video camera to tape the contents of your home for insurance purposes. <input type="checkbox"/> Store video tape with friend/family member who lives out of town. <input type="checkbox"/> Investigate home/ rental insurance. <input type="checkbox"/> Date each can of food using a marking pen. 	<p>To Do</p> <ul style="list-style-type: none"> <input type="checkbox"/> Install or test your smoke/ fire/carbon monoxide detector. Replace batteries. <input type="checkbox"/> Tie water heater to wall studs. Follow the diagrams in the Reduce Hazards booklet.

* Purchase one item per person

MONTH TWO

Week Five	Week Six	Week Seven	Week Eight
<p>Grocery Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 gallon of water* <input type="checkbox"/> 1 can meat* <input type="checkbox"/> 1 can fruit* <input type="checkbox"/> 1 can vegetables* <input type="checkbox"/> 2 rolls toilet paper* <input type="checkbox"/> extra toothbrush* <input type="checkbox"/> personal hygiene items: toothbrush, comb, etc. <input type="checkbox"/> travel size tooth paste <p><i>Also:</i> special food for special diets.</p>	<p>First Aid Supplies</p> <ul style="list-style-type: none"> <input type="checkbox"/> aspirin and/or acetaminophen <input type="checkbox"/> compresses <input type="checkbox"/> rolls of gauze or bandages <input type="checkbox"/> first aid tape <input type="checkbox"/> adhesive bandages in assorted sizes <input type="checkbox"/> cold packs <p><i>Also:</i> extra hearing aid batteries, if needed.</p>	<p>Grocery Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 gallon of water* <input type="checkbox"/> 1 can ready-to-eat soup (not concentrate)* <input type="checkbox"/> 1 can fruit* <input type="checkbox"/> 1 can vegetables* <p><i>Also:</i> extra plastic baby bottles, formula and diapers, if needed.</p>	<p>First Aid Supplies</p> <ul style="list-style-type: none"> <input type="checkbox"/> scissors <input type="checkbox"/> tweezers <input type="checkbox"/> antiseptic <input type="checkbox"/> thermometer <input type="checkbox"/> disposable hand wipes <input type="checkbox"/> sewing kit <input type="checkbox"/> waterproof plastic container for first aid supplies

<p>To Do</p> <ul style="list-style-type: none"> <input type="checkbox"/> Have a fire drill at home. <input type="checkbox"/> For pets, ask veterinarian about appropriate size container for evacuating. (Vets may have info on used containers.) 	<p>To Do</p> <ul style="list-style-type: none"> <input type="checkbox"/> Check your child's day care or school to find out about disaster plans. <input type="checkbox"/> Take first aid/CPR class. <input type="checkbox"/> Purchase a camp stove and fuel to boil water as needed 	<p>To Do</p> <ul style="list-style-type: none"> <input type="checkbox"/> Research how to become a licensed ham radio operator. 	<p>To Do</p> <ul style="list-style-type: none"> <input type="checkbox"/> Send some of your favorite family and pet photos (or copies) to family members out of state for safe keeping.
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MONTH THREE

Week Nine	Week Ten	Week Eleven	Week Twelve
<p>Grocery Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 gallon of water* <input type="checkbox"/> 1 can ready-to-eat soup (not concentrate)* <input type="checkbox"/> liquid dish soap <input type="checkbox"/> 1 quart plain liquid bleach <input type="checkbox"/> 1 box heavy-duty garbage bags <p><i>Also:</i> saline solution and a contact lens case if needed.</p>	<p>Hardware Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> waterproof portable plastic container (with lid) for important papers <input type="checkbox"/> portable AM/FM radio (with batteries) <input type="checkbox"/> 1 flashlight (with batteries) <p><i>Also:</i> space blanket, blankets or sleeping bag for each family member and pet.</p>	<p>Grocery Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 gallon of water* <input type="checkbox"/> 1 large can juice* <input type="checkbox"/> large plastic food bags <input type="checkbox"/> 1 box quick energy snacks <input type="checkbox"/> 3 rolls paper towels <input type="checkbox"/> ¼ teaspoon (or 1ml) measuring device (for use with bleach to treat water) <p><i>Also:</i> sunscreen, if needed.</p>	<p>First Aid Supplies</p> <ul style="list-style-type: none"> <input type="checkbox"/> anti-diarrhea medicine <input type="checkbox"/> rubbing alcohol <input type="checkbox"/> 2 pair latex gloves <input type="checkbox"/> ipecac syrup and activated charcoal (for accidental poisoning) <input type="checkbox"/> children's vitamins <p><i>Also:</i> items for denture care, if needed.</p>

<p>To Do</p> <ul style="list-style-type: none"> <input type="checkbox"/> Place a pair of hard sole shoes and a flashlight under your bed so that they are handy during an earthquake. 	<p>To Do</p> <ul style="list-style-type: none"> <input type="checkbox"/> Make photocopies of important papers and store safely. <input type="checkbox"/> Update animal vaccination records. Put with important papers. 	<p>To Do</p> <ul style="list-style-type: none"> <input type="checkbox"/> Store a roll of quarters for emergency phone calls, extra cash and credit cards. <input type="checkbox"/> Go on a hunt with your family to find a pay phone near your home. 	<p>To Do</p> <ul style="list-style-type: none"> <input type="checkbox"/> Take your family on a field trip to main electrical panel, gas meter and water shutoff. Demonstrate how to turn them off. If the valves don't move, contact the utility for repair.
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* Purchase one item per person

MONTH FOUR

Week Thirteen

Hardware Store

- whistle
- ABC Fire extinguisher
- pliers
- vise grips
- local area map
- hand warmers
- extra batteries for radio and flashlight

To Do

- Find out if you have a neighborhood safety organization and join it!

Week Fourteen

Grocery Store

- 1 can fruit*
- 1 can meat*
- 1 can vegetables*
- 1 package paper plates*
- eating utensils
- package paper cups
- adult vitamins

To Do

- Develop a neighborhood pet care plan.

Week Fifteen

Hardware Store

- extra flashlight batteries
- masking tape
- hammer
- "L" brackets or flexible straps to secure tall furniture to wall studs

To Do

- Brace shelves and cabinets.
- Secure fish tanks, bird houses and reptile cages.

Week Sixteen

Grocery Store

- 1 can meat*
- 1 can vegetables*
- 1 box large heavy-duty garbage bags
- kleenex
- 1 box quick energy snacks (granola bars or raisins)

To Do

- Make a plan to check on a neighbor who might need help in an emergency.

MONTH FIVE

Week Seventeen

Grocery Store

- 1 box graham crackers
- assorted plastic containers with lids
- assorted safety pins
- dry cereal

Also: extra clothing like jacket, towels, hat, umbrella, gloves, shoes, etc.

To Do

- Arrange for a friend or neighbor to help your children or watch your pets if you are at work.

Week Eighteen

Hardware Store

- "child-proof" latches or other fasteners for your cupboards
- double sided tape or velcro-type fasteners to secure moveable objects
- extra rope or leash for pet

To Do

- Pack a "go-pack" in case you need to evacuate.

Week Nineteen

Grocery Store

- 1 box heavy duty garbage bags
- 1 box quick energy snacks
- pen and paper

To Do

- Have an earthquake drill at home.
- If you are a licensed ham radio operator, contact a local government agency to volunteer for emergency service.

Week Twenty

Grocery Store

- camping or utility knife
- extra radio batteries

Also: for each pet, extra medications or prescription marked "emergency use," if needed.

To Do

- Find out about your workplace disaster plans.

MONTH SIX

Week Twenty One

Hardware Store

- heavy work gloves
- 1 box disposable dust masks
- screw driver
- plastic safety goggles

Week Twenty Two

Grocery Store

- extra hand-operated can opener
- 3 rolls paper towels

Week Twenty Three

Hardware Store

- battery powered camping lantern with extra battery or extra flashlights
- for pets, a large ground screw to tie animals to when fences fall

Week Twenty Four

Grocery Store

- large plastic food bags
- plastic wrap
- aluminum foil

* Purchase one item per person

Create a Family Disaster Supplies Kit

To Get Started

- Review suggestions in the Emergency Preparedness Workbook.
- Check your house for supplies that you already have on hand.
- Decide where to 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 of disasters that could occur. Explain how to prepare and how to respond.
- Discuss what to do if you need to evacuate.
- Practice your plan.
- At the end of six months, review what you have done. Start with month one of the calendar. Evaluate, rotate and supplement supplies and preparedness actions.

Suggested Foods *Select foods by your family's needs and preferences. Pick low-salt, water-packed varieties if 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, apple sauce, etc.
- **Cereal:** Cheerios, Chex, Kix, Shredded Wheat, etc.
- **Quick Energy Snacks:** granola bars, raisins, etc.

Remember to rotate your supplies every six months

Storage Tips

- Keep food in dry, cool spot - dark area if possible.
- Keep food covered at all times.
- If you open food boxes or cans, do so carefully, so that you can close them tightly after each use.
- Wrap cookies or crackers in a plastic bag and inside a tight container.
- Empty opened packages of sugar, dried fruits and nuts into screw-top jars or air tight cans to protect them from pests.
- Inspect all food for signs of spoilage before use.
- Use foods before they go bad, and replace them with fresh supplies.
- Mark all foods with purchase date. Use ink or a marking pen. Place new items at the back/bottom of the storage area/container, and older ones in front.

Use* within 6 months:

- powdered milk (box)
- dried fruit (in air tight container)
- dry, crisp crackers (in air tight container)
- potatoes
- water
- bleach

Use* within one year:

- canned condensed milk and vegetable soups
- canned fruits, fruit juices and vegetables
- ready to eat cereals and uncooked instant cereals (in air tight container)
- peanut butter
- jelly
- hard candy and canned meats
- vitamin C
- water in manufactured sealed container

Long life: *(if checked annually and in air tight containers and proper conditions)*

- wheat
- vegetable oil
- dried corn
- baking powder
- soybeans
- instant coffee, tea and cocoa
- salt
- noncarbonated soft drinks
- white rice
- bouillon products
- dry pasta
- powdered milk (nitrogen-packed)

*Use or replace these items at the suggested time.