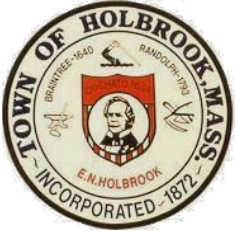


Holbrook Emergency Management Agency / Holbrook Citizen Corps Council

Family 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 items each week as you gather the contents.

Supplies may be stored in a variety of methods. You may choose to store items in plastic containers, in a large plastic garbage can, or on shelves in a central location. Food can be kept together on kitchen shelves, or packed in large containers and properly marked so that the items can be rotated.

- ✓ Some items are listed more than once, and the amounts of some items that you purchase are dependent on the number of people in your household.
- ✓ You will want to have a minimum supply of 7 days of food and water per person (and pet) in your home. If you have the space, consider keeping up to 10 days of food and water per person and any pets!
 - ❖ **WATER: You will want to have at least 1 – 2 gallons of water per person per day for 7 -10 days. Water is for consumption and sanitation.**
- ✓ Remember to rotate your perishable supplies and change water every six months!



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.
- ✓ The schedule that is provided will have you purchase a supply of food that will have one gallon of water per person per day, plus one can each of meat, fruit, and vegetables per person per day. You may add extra amounts based on your storage space, budget, and eating habits.

Storage Tips

1. Keep food in dry, cool spot - dark area if possible.
2. Keep food covered at all times.
3. If you open food boxes or cans, do so carefully, so that you can close them tightly after each use.
4. Wrap cookies or crackers in a plastic bag and inside a tight container.

Holbrook Emergency Management Agency / Holbrook Citizen Corps Council

Family Disaster Supplies Calendar

5. Empty opened packages of sugar, dried fruits and nuts into screw-top jars or air tight cans to protect them from pests.
6. Inspect all food for signs of spoilage before use.
7. Use foods before they go bad, and replace them with fresh supplies.
8. 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.
9. Place a box of baking soda in each storage container and go kit. This will help absorb any odors and moisture that may accumulate.

Create a “Go Bag”

You will want to create a “go bag” for each person and pet in your household. This bag will be used if you need to make a quick escape and can’t take a large disaster kit with you. ***At a minimum, you should have some money, a sleeping bag, copies of insurance documents, a change of clothes (such as a sweat suit), a flashlight, some quick bars or candy bars, a small box of baking soda [to help eliminate odors and control moisture], and some sturdy work shoes.*** Other supplies, including a first aid kit, can be added if you have the room. If appropriate, needed supplies for young children should also be packed. Your “Go Bag” can be in a large duffel bag, backpack, or Rubbermaid container. If you can afford one, bring a camping cot. You may need to sleep on a hard floor in a shelter if adequate supplies are not available. Make sure that you mark each kit with the appropriate name so they can be distributed properly.

For pets, you should have strong leash, copies of veterinary records, a food dish, and food and water. It may be helpful to pack the items in a pet carrier, as this will allow you bring needed items and give your smaller pet a secure place to sleep at night.

To get started:

1. Check your house for supplies that you already have on hand.
2. Decide where you will store supplies.
3. Select foods based on your family’s needs and preferences.
4. Meet with your family to plan for all hazards.
5. Explain how to prepare; explain when and how to respond.
6. Discuss what to do if you need to evacuate.
7. Practice your plans on a regular basis.
8. 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.

Please be certain to check the Ready America website, www.ready.gov for more information about disaster preparedness. You can download pamphlets, and even find some activity books for your children.

Feel free to copy this for your friends and family.

Holbrook Emergency Management Agency / Holbrook Citizen Corps Council

Family Disaster Supplies Calendar

Week 1 – 4			
<p style="text-align: center;">Week 1 <u>Grocery Store</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 gallon of water per person* <input type="checkbox"/> 1 can fruit per person* <input type="checkbox"/> 1 can meat per person* <input type="checkbox"/> 1 can vegetables per person* <input type="checkbox"/> 1 can ready-to-eat soup per person (not concentrate)* <input type="checkbox"/> 1 large can juice* <input type="checkbox"/> Dry cereal* <input type="checkbox"/> hand-operated can opener <input type="checkbox"/> instant coffee, tea, powdered soft drinks <input type="checkbox"/> 1 permanent marking pen <input type="checkbox"/> 1 gallon of water per pet <input type="checkbox"/> 1 Large box of Baking Soda <p>✓ Also: pet food, diapers and/ or baby food if needed</p> <p>To Do:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Make a family plan. <input type="checkbox"/> Date each perishable food item using marking pen. 	<p style="text-align: center;">Week 2 <u>Hardware Store</u></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>✓ Also: a leash or carrier for your pet, if needed</p> <p>To Do:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Check your house for hazards. Secure loose objects that might fly. <input type="checkbox"/> Locate your gas meter and water shutoffs and attach a wrench near them for emergency use. 	<p style="text-align: center;">Week 3 <u>Grocery Store</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> liquid dish soap <input type="checkbox"/> 1 quart plain liquid bleach <input type="checkbox"/> heavy duty garbage bags <input type="checkbox"/> ¼ teaspoon (or 1ml) measuring device (for use with bleach to treat water) <input type="checkbox"/> 1 large container of baby powder (for foot care) <input type="checkbox"/> Small container of baby powder (1 per person for foot care) <p>✓ Also: saline solution and a contact lens case, if needed</p> <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 tape with friend/family member who lives out of town. <input type="checkbox"/> Check your home/ rental /flood insurance policies! 	<p style="text-align: center;">Week 4 <u>Hardware Store</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> plumber’s tape <input type="checkbox"/> crowbar <input type="checkbox"/> smoke detector with battery <input type="checkbox"/> tarp <input type="checkbox"/> Sweat suit for each family member. <p>✓ Also: extra medications or a prescription marked “emergency use” if needed</p> <p>To Do:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Install or test your smoke detector.
<p>*Rotate items every six months. You will want to have a minimum supply of 7 days of food and water per person (and pets) in your home.</p>			

Holbrook Emergency Management Agency / Holbrook Citizen Corps Council

Family Disaster Supplies Calendar

Week 5 - 8			
<p style="text-align: center;">Week 5 <u>Grocery Store</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 gallon of water per person* <input type="checkbox"/> 1 can fruit per person* <input type="checkbox"/> 1 can meat per person* <input type="checkbox"/> 1 can vegetables per person* <input type="checkbox"/> 1 can ready-to-eat soup per person (not concentrate)* <p>✓ Also: extra plastic baby bottles, formula and diapers, 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 emergency. <input type="checkbox"/> Date each perishable food item using marking pen. 	<p style="text-align: center;">Week 6 <u>First Aid Supplies</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> aspirin, and/or acetaminophen <input type="checkbox"/> cold compresses <input type="checkbox"/> hot compresses <input type="checkbox"/> rolls of gauze or bandages <input type="checkbox"/> first aid tape <input type="checkbox"/> adhesive bandages, assorted sizes <input type="checkbox"/> Cold Packs <p>✓ Also: extra hearing aid batteries, if needed</p> <p>To Do:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Check with your child's daycare or school to find out about their disaster plans. 	<p style="text-align: center;">Week 7 <u>Grocery Store</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> 2 rolls toilet paper per person <input type="checkbox"/> extra toothbrush <input type="checkbox"/> travel-size toothpaste <p>✓ Also: special food for special diets, if needed</p> <p>To Do:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Have a fire drill at home. <input type="checkbox"/> Take photo of family (include pets if applicable) and include in your disaster supply kit. 	<p style="text-align: center;">Week 8 <u>First Aid Supplies</u></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"/> liquid hand soap <input type="checkbox"/> disposable hand wipes <input type="checkbox"/> sewing kit <input type="checkbox"/> waterproof plastic container for first aid supplies. <p>✓ Also: extra eyeglasses, if needed</p> <p>To Do:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Place a pair of shoes and a flashlight under your bed so that they are handy during an emergency.

***Rotate items every six months.** You will want to have a minimum supply of 7 days of food and water per person (and pets) in your home.

Holbrook Emergency Management Agency / Holbrook Citizen Corps Council

Family Disaster Supplies Calendar

Week 9 – 12			
<p style="text-align: center;">Week 9 <u>Grocery Store</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 gallon of water per person* <input type="checkbox"/> 1 can fruit per person* <input type="checkbox"/> 1 can meat per person* <input type="checkbox"/> 1 can vegetables per person* <input type="checkbox"/> 1 can ready-to-eat soup per person (not concentrate)* <input type="checkbox"/> 1 large can juice* <input type="checkbox"/> Dry cereal* <input type="checkbox"/> sanitary napkins <input type="checkbox"/> 1 gallon of water per pet <p>✓ Also: pet food, diapers and/or baby food if needed</p> <p>To Do:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Send some of your favorite family photos (or copies) to family members out of state for safekeeping. 	<p style="text-align: center;">Week 10 <u>Hardware Store</u></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 <input type="checkbox"/> Automatic power failure lights (place in locations throughout your house – some types can also function as a handheld flashlight) <p>❖ Also: blankets or sleeping bag for each family member</p> <p>To Do:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Make photocopies of important papers and store safely. 	<p style="text-align: center;">Week 11 <u>Grocery Store</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 gallon of water per person* <input type="checkbox"/> 1 can fruit per person* <input type="checkbox"/> 1 can meat per person* <input type="checkbox"/> 1 can vegetables per person* <input type="checkbox"/> 1 can ready-to-eat soup per person (not concentrate)* <input type="checkbox"/> 1 box graham crackers* <input type="checkbox"/> large plastic food bags <input type="checkbox"/> 1 box quick energy snacks <input type="checkbox"/> 3 rolls paper towels <p>✓ Also: sunscreen, if needed</p> <p>To Do:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Date each perishable food item using marking pen. 	<p style="text-align: center;">Week 12 <u>First Aid Supplies</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> anti-diarrhea medicine <input type="checkbox"/> rubbing alcohol <input type="checkbox"/> <i>non-latex</i> medical gloves <input type="checkbox"/> vitamins <p>✓ Also: items for denture care, if needed</p> <p>To Do:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Take your family on a field trip to gas and water meter shut off valves. Show them what to do in an emergency.
<p>*Rotate items every six months. You will want to have a minimum supply of 7 days of food and water per person (and pets) in your home.</p>			

Holbrook Emergency Management Agency / Holbrook Citizen Corps Council

Family Disaster Supplies Calendar

Week 13 – 16			
<p style="text-align: center;">Week 13 <u>Grocery Store</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 gallon of water per person* <input type="checkbox"/> 1 can fruit per person* <input type="checkbox"/> 1 can meat per person* <input type="checkbox"/> 1 can vegetables per person* <input type="checkbox"/> 1 can ready-to-eat soup per person (not concentrate)* <input type="checkbox"/> heavy duty garbage bags <input type="checkbox"/> quick energy snacks (raisins, granola bars) <input type="checkbox"/> pen and paper <p>To Do:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Have a fire, hurricane or tornado drill at home. <input type="checkbox"/> Date each perishable food item using marking pen. 	<p style="text-align: center;">Week 14 <u>Grocery Store</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> paper plates <input type="checkbox"/> eating utensils <input type="checkbox"/> paper cups <p>To Do:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Make a plan to check on a neighbor who might need help in an emergency. <p>To Do:</p> <ul style="list-style-type: none"> ❖ Pack a “go-bag” for each person in case you have to evacuate. <ul style="list-style-type: none"> ○ Sleeping bag ○ Money ○ Energy Bar ○ Flashlight ○ Change of clothes ○ Small container of baby powder ○ Shoes ○ Small box of baking soda (helps eliminate odors and moisture!) ○ (Minimum list – you can add items if you have space!) 	<p style="text-align: center;">Week 15 <u>Hardware Store</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> extra batteries <input type="checkbox"/> masking tape <input type="checkbox"/> hammer <input type="checkbox"/> assorted nails <input type="checkbox"/> wood screws <input type="checkbox"/> “L” brackets to secure furniture to walls <input type="checkbox"/> Sweat suit for each family member. <input type="checkbox"/> Automatic power failure lights (place in locations throughout your house – some types can also function as a handheld flashlight) <p>To Do:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Brace shelves and cabinets. 	<p style="text-align: center;">Week 16 <u>Grocery Store</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> heavy duty garbage bags <input type="checkbox"/> facial tissue <input type="checkbox"/> quick energy snacks (raisins, granola bars) <p>To Do:</p> <ul style="list-style-type: none"> ❖ Consider joining your local Emergency Management Agency or a Voluntary Agency Active in Disaster, such as a Medical Reserve Corps or the Red Cross.
<p>*Rotate items every six months. You will want to have a minimum supply of 7 days of food and water per person (and pets) in your home.</p>			

Holbrook Emergency Management Agency / Holbrook Citizen Corps Council

Family Disaster Supplies Calendar

Week 17 – 20			
<p style="text-align: center;">Week 17 <u>Grocery Store</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 gallon of water per person* <input type="checkbox"/> 1 can fruit per person* <input type="checkbox"/> 1 can meat per person* <input type="checkbox"/> 1 can vegetables per person* <input type="checkbox"/> 1 can ready-to-eat soup per person (not concentrate)* <input type="checkbox"/> 1 large can juice* <input type="checkbox"/> Dry cereal* <input type="checkbox"/> assorted plastic containers with lids <input type="checkbox"/> safety pins <p>To Do:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Date each perishable food item using marking pen. 	<p style="text-align: center;">Week 18 <u>Hardware Store</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> “child-proof” latches for your cupboards <input type="checkbox"/> double-sided tape or Velcro-type fastener to secure moveable objects <input type="checkbox"/> Extra rope or leash for pets <input type="checkbox"/> Purchase a camp stove and fuel to boil water/cook food as needed; be certain to follow user instructions! <p>To Do:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Arrange for a friend or neighbor to help your children if you are at work. 	<p style="text-align: center;">Week 19 <u>Hardware Store</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> whistle <input type="checkbox"/> ABC fire extinguisher <input type="checkbox"/> pliers <input type="checkbox"/> vise grips <input type="checkbox"/> hand warmers <input type="checkbox"/> extra batteries for radio and flashlight <p>✓ Also: extra clothing like jacket, towel, gloves, hat (cold weather and sun), umbrella, ponchos, shoes, etc</p> <p>To Do:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Take a first aid/CPR course. 	<p style="text-align: center;">Week 20 <u>Hardware Store</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> camping or utility knife <input type="checkbox"/> extra radio batteries <input type="checkbox"/> camping mess kit per person <p>✓ Also: Purchase an emergency escape ladder for second story bedrooms, if needed.</p> <p>To Do:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Find out about your workplace disaster plans.
<p>*Rotate items every six months. You will want to have a minimum supply of 7 days of food and water per person (and pets) in your home.</p>			

Holbrook Emergency Management Agency / Holbrook Citizen Corps Council

Family Disaster Supplies Calendar

Week 21 – 24			
<p style="text-align: center;">Week 21 <u>Grocery Store</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 gallon of water per person* <input type="checkbox"/> 1 can fruit per person* <input type="checkbox"/> 1 can meat per person* <input type="checkbox"/> 1 can vegetables per person* <input type="checkbox"/> 1 can ready-to-eat soup per person (not concentrate)* <input type="checkbox"/> extra hand-operated can opener <input type="checkbox"/> 3 rolls paper towels <p>To Do:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Date each perishable food item using marking pen. 	<p style="text-align: center;">Week 22 <u>Hardware Store</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> heavy work gloves <input type="checkbox"/> disposable dust masks <input type="checkbox"/> screwdriver <input type="checkbox"/> plastic safety goggles <input type="checkbox"/> Rechargeable batteries and charger <p>✓ Also: Folding Cot (1 per person)</p>	<p style="text-align: center;">Week 23 <u>Hardware Store</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Family Radio Service radio for each family member. <input type="checkbox"/> battery-powered camping lantern with extra battery or extra flashlights <input type="checkbox"/> ABC fire extinguisher <input type="checkbox"/> Sweat suit for each family member. <input type="checkbox"/> Automatic power failure lights (place in locations throughout your house – some types can also function as a handheld flashlight) 	<p style="text-align: center;">Week 24 <u>Grocery Store</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 box graham crackers* <input type="checkbox"/> large plastic food bags <input type="checkbox"/> plastic wrap <input type="checkbox"/> aluminum foil <p>❖ Take a course and become a ham radio operator. You can find information on how to become a ham operator at www.arrl.org</p> <ul style="list-style-type: none"> <input type="checkbox"/> Date each perishable food item using marking pen.
<p><i>*Rotate items every six months.</i> You will want to have a minimum supply of 7 days of food and water per person (and pets) in your home.</p>			