

emergency preparedness

part 1

water supply:

- ___ 1 GAL. PER PERSON PER DAY FOR 3 DAYS
- ___ WATER PURIFICATION TABLETS
- ___ DON'T FORGET WATER FOR PETS TOO!

food supply:

- ___ HAVE ENOUGH FOR 3 MEALS PER DAY/PER PERSON FOR 3 DAYS
- ___ CONSIDER AN ARK READINESS KIT FROM THEREADYPROJECT.COM
- ___ AVOID SALTY FOODS THAT MAKE YOU THIRSTY
- ___ REMEMBER ANY SPECIAL DIETARY NEEDS
- ___ WHOLE GRAIN CRACKERS
- ___ CANNED FOODS WITH HIGH LIQUID CONTENT
- ___ DRY MIXES
- ___ FOODS HIGH IN PROTEIN
- ___ ENERGY BARS
- ___ TUNA/BEANS/TURKEY/BEEF/VIENNA SAUSAGES
- ___ CANNED JUICE
- ___ FORMULA/BABY FOOD
- ___ PET FOOD

don't forget:

- ___ CAN OPENER
- ___ DISPOSABLE BOWLS, UTENSILS, CUPS, BABY BOTTLES
- ___ SET A REMINDER IN YOUR PHONE TO CHECK EXPIRATION DATES 6 MONTHS FROM NOW

FOR MORE INFORMATION, SEE THE HOME SAFETY WEEK SERIES AT LIFEREARRANGED
BY VISITING BITLY/I8KWXHH