



Emergency Management

# 20 Weeks to Preparedness

## Week 7

### Things to do:

- Establish an out-of-state contact.

### Items to Purchase

- 1 gallon of water\*
- 1 can of meat\*
- 1 canned fruit\*
- 1 can of vegetables\*
- 1 box of quick energy snacks

\* per person

**Note:** Always check expiration dates. Make the item last as long as possible (at least through November 30).

*Shopping lists are just a guide. Please adjust to your family's needs.*