

<p align="center">Week 1</p> <p>Grocery Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 gal. water* <input type="checkbox"/> 1 sm jar peanut butter* <input type="checkbox"/> 1 lg. can juice* <input type="checkbox"/> Hand-operated can opener <input type="checkbox"/> Instant coffee, tea, powdered drinks <input type="checkbox"/> 1 gal of water per pet and pet food 	<p align="center">Week 2</p> <p>Hardware Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> heavy rope <input type="checkbox"/> crescent wrench <input type="checkbox"/> duct tape <input type="checkbox"/> Bungee cords <input type="checkbox"/> 2 flashlights w/batteries <input type="checkbox"/> leash, collar or halter and carrier for your pet 	<p align="center">Week 3</p> <p>Grocery Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 gal. water* <input type="checkbox"/> 1 can fruit* <input type="checkbox"/> sanitary napkins <input type="checkbox"/> flash drives <input type="checkbox"/> pet food and water <input type="checkbox"/> diapers and baby food, if needed 	<p align="center">Week 4</p> <p>Hardware Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> strapping for hot water heater <input type="checkbox"/> smoke detector with batteries <input type="checkbox"/> crowbar <input type="checkbox"/> permanent marking pen <input type="checkbox"/> extra medications or a prescription marked "emergency use," if needed 	<p align="center">Week 5</p> <p>Grocery Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 gal. water* <input type="checkbox"/> 1 can fruit* <input type="checkbox"/> 1 can meat* <input type="checkbox"/> 1 can vegetables* <input type="checkbox"/> diapers and baby food, if needed <input type="checkbox"/> special food for special diets, if needed <input type="checkbox"/> extra toothpaste 	<p align="center">Week 6</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"/> extra hearing aid batteries <input type="checkbox"/> first aid tape <input type="checkbox"/> adhesive bandages - assorted sizes
<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>To Do:</p> <ul style="list-style-type: none"> <input type="checkbox"/> check your house for hazards; secure loose objects that may fly <input type="checkbox"/> locate your gas meter and water shutoffs and attach a wrench near them for emergency use 	<p>To Do:</p> <ul style="list-style-type: none"> <input type="checkbox"/> use a camera to record contents of your home for insurance purposes <input type="checkbox"/> store flash drive with a friend/family member who lives out of town 	<p>To Do:</p> <ul style="list-style-type: none"> <input type="checkbox"/> install or test your smoke detector <input type="checkbox"/> tie water heater to wall studs using strapping 	<p>To Do:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Have a fire drill at home 	<p>To Do:</p> <ul style="list-style-type: none"> <input type="checkbox"/> check with your child's day care or school to find out about their disaster plans
<p align="center">Week 7</p> <p>Grocery Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 gal. water * <input type="checkbox"/> 1 can ready to eat soup* <input type="checkbox"/> 1 can fruit* <input type="checkbox"/> 1 can vegetables* <input type="checkbox"/> extra plastic baby bottles, formula and diapers, if needed 	<p align="center">Week 8</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"/> liquid hand soap 	<p align="center">Week 9</p> <p>Grocery Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 can ready to eat soup* <input type="checkbox"/> liquid dish soap <input type="checkbox"/> plain liquid bleach <input type="checkbox"/> heavy-duty garbage bags <input type="checkbox"/> saline solution and a contact lens case 	<p align="center">Week 10</p> <p>Hardware Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> extra eyeglasses <input type="checkbox"/> Portable am/fm radio with batteries <input type="checkbox"/> blankets or sleeping bag for each family member <input type="checkbox"/> waterproof portable plastic container (with lid) for important papers 	<p align="center">Week 11</p> <p>Grocery Store</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 lg 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"/> Sunscreen 	<p align="center">Week 12</p> <p>First Aid Supplies</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 	<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 	<p>To Do:</p> <ul style="list-style-type: none"> <input type="checkbox"/> send your favorite family photos (or copies) to family members out of state for safekeeping 	<p>To Do:</p> <ul style="list-style-type: none"> <input type="checkbox"/> make photocopies of important papers and store safely 	<p>To Do:</p> <ul style="list-style-type: none"> <input type="checkbox"/> print out telephone numbers you have stored on your phone 	<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 <input type="checkbox"/> show them what to do in an emergency.

Week 13	Week 14	Week 15	Week 16	Week 17	Week 18
Hardware Store <input type="checkbox"/> Whistle <input type="checkbox"/> ABC Fire Extinguisher <input type="checkbox"/> Pliers <input type="checkbox"/> Vise grips	Grocery Store <input type="checkbox"/> 1 can fruit* <input type="checkbox"/> 1 can meat* <input type="checkbox"/> 1 can vegetables* <input type="checkbox"/> Paper Plates <input type="checkbox"/> Eating Utensils <input type="checkbox"/> Paper Cups	Hardware Store <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"/> use "L" brackets to secure furniture to walls	Grocery Store <input type="checkbox"/> 1 can meat* <input type="checkbox"/> 1 can vegetables* <input type="checkbox"/> heavy duty garbage bags <input type="checkbox"/> Kleenex <input type="checkbox"/> quick energy snacks (raisins, granola bars)	Grocery Store <input type="checkbox"/> graham crackers <input type="checkbox"/> assorted plastic containers with lids <input type="checkbox"/> dry Cereal <input type="checkbox"/> safety Pins	Hardware Store <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"/> use Quake Hold for securing small figurines
To Do: <input type="checkbox"/> take a First aid / CPR class	To Do: <input type="checkbox"/> make a plan to check on a neighbor who might need help in an emergency.	To Do: <input type="checkbox"/> brace Shelves and cabinets.	To Do: <input type="checkbox"/> find out if you have a neighborhood safety organization and join it!	To Do: <input type="checkbox"/> arrange for a friend or neighbor to help your children if you are at work.	To Do: <input type="checkbox"/> pack a "go-pack" in case you have to evacuate.
Week 19 Grocery Store <input type="checkbox"/> Heavy duty garbage bags <input type="checkbox"/> Quick energy snacks (raisins, granola bars)	Week 20 Hardware Store <input type="checkbox"/> Camping or utility knife <input type="checkbox"/> Extra radio batteries <input type="checkbox"/> purchase an emergency escape ladder for second story bedrooms	Week 21 Hardware Store <input type="checkbox"/> Heavy work gloves <input type="checkbox"/> Disposable dust masks <input type="checkbox"/> Screwdriver	Week 22 Grocery Store <input type="checkbox"/> Extra hand operated can opener <input type="checkbox"/> 3 rolls paper towels <input type="checkbox"/> FRS radios for each family member	Week 23 Hardware Store Battery powered camping <input type="checkbox"/> lantern with extra battery or extra flashlights Weather Radio with Specific <input type="checkbox"/> Area Messaging encoder set for your county <input type="checkbox"/> plastic safety goggles	Week 24 Grocery Store <input type="checkbox"/> Large plastic food bags <input type="checkbox"/> Plastic wrap <input type="checkbox"/> Aluminum foil
To Do: <input type="checkbox"/> Establish an out-of-state contact to call in case of emergency	To Do: <input type="checkbox"/> find out about your workplace disaster plans.	To Do: <input type="checkbox"/> send of your favorite family photos (or copies) to family members out of state for safekeeping	To Do: <input type="checkbox"/> make photocopies of important papers and store safely	To Do: <input type="checkbox"/> print out telephone numbers you have stored on your phone.	To Do: <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. <input type="checkbox"/> show them what to do in an emergency.

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. Select foods based on your family's needs and preferences. Pick low-salt, water-packed varieties when possible. Canned meats may include tuna, chicken, raviolis, chili, beef stew, spam, corned beef, etc. Items marked with * should be purchased per person in household.