



EMERGENCY SUPPLY KIT FOR THREE DAYS

When an emergency occurs you may lose electricity/water/phone service. Your household emergency supply kit should contain the following items:

WATER

1. One gallon per person per day
2. Store water in clean plastic containers
3. Rotate every 6 months

Buy items for your kit over time or exchange them as gifts to help family and friends become better prepared. Rotate items as appropriate.

CLOTHING & BEDDING

1. One complete change of clothes
2. Sturdy shoes, boots
3. Hats, gloves
4. Rain gear, outer wear, umbrella
5. Thermal underwear
6. Blankets or sleeping bags

FOOD

(See reverse side for suggested menu and grocery list)

1. Canned meats/ fruits/ vegetables
2. Canned/boxed juices
3. Powdered milk
4. Spices – sugar and/or sugar replacement, salt, pepper
5. High energy foods: peanut butter, crackers, granola/power bars, trail mix, dry cereals
6. Baby food, baby formula (if needed)
7. Dog food (if needed)

FIRST AID SUPPLIES

(Buy kit or create your own)

1. First-aid manual/booklet
2. Bandages of various sizes
3. First-aid tape rolls
4. Antiseptic/Anti-bacterial ointment/Antiseptic wipes
5. Scissors, tweezers, needles, safety pins
6. Thermometer
7. Non-prescription meds - pain relievers/cold & anti-diarrhea meds, antacids
8. Hand soap/sanitizer
9. Petroleum jelly

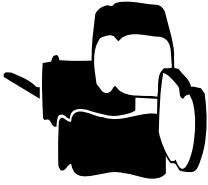
TOOLS/HOUSEHOLD ITEMS/ EMERGENCY SUPPLIES

1. Paper cups/plates
2. Paper towels
3. Plastic utensils for eating
4. Moist towelettes
5. Trash bags/re-sealable plastic bags
6. Utility knife/pliers
7. Non-electric can opener
8. Dish pan, bucket
9. Detergent/bleach
10. Matches in water proof container
11. Battery operated radio, flash lights
12. Extra batteries
13. Small amount of Cash
14. Whistle

SPECIAL ITEMS

1. Toilet paper
2. Feminine hygiene products
3. Medications
4. Diapers (if needed)
5. Extra eyeglasses
6. Family documents
7. Games and books
8. Pet supplies





EMERGENCY FOOD SUPPLY

Keep this list of emergency foods handy, so you can check your supply and restock it when needed.
(This list assumes you have about 1 quart of milk and a half a loaf of bread on hand.)

Suggested Grocery List

(For 1 person; increase as need for household)

Dry cereal: 7-ounce box
Crackers: 8-ounce box or larger
Peanut butter: 12-ounce jar
Canned juice: 6 pack of your favorite kind
Applesauce: 4-pack of 6-ounce containers
Peaches: 8-ounce can
Fruit cocktail: 8-ounce can
Pork and beans*: 8-ounce can
Corn: 8-ounce can
Tuna*: 3/4 -ounce can
Processed cheese spread: 8-ounce box or 4 1/4 -ounce jar
Beef stew*: 1 small can or container
Chili*: 1 small can or container
Tomato or other soup: 1 can
Cocoa: 1 box of individual packets
Pudding: 4-pack of 4 1/4-ounce containers
Raisins: 12-ounce package
Peanuts or other nuts: 1 package or jar
Tea: 1 box with 16 bags, and/or instant coffee: 2-ounce jar
Nonfat dried milk: 1 small box
Bottled water: 3 gallons

*Vegetarians can substitute vegetarian baked beans, peanut butter, bean soup, and vegetarian chili.

Remember: If you have pets, plan ahead for their needs, too.

Suggested Grocery List

(For a household of 4)

Dry cereal: 28-ounce box or larger
Crackers: 32-ounce box or larger
Peanut butter: 48-ounce jar
Individual Canned juice: 24 cans
Applesauce: 4-4-packs of 6-ounce containers
Peaches: 2 15 1/2-ounce cans
Fruit cocktail: 2 15 1/2 -ounce cans
Pork and beans*: 2 15 1/2 -ounce cans
Corn: 2 15 1/2 -ounce cans
Tuna*: 4 - 3 1/4 -ounce can
Processed cheese spread: 2 pound box or 18-ounce jar
Beef stew*: 4 small cans or 2 - 14 1/2 ounce cans
Chili*: 4 small cans or 2 - 14 1/2 ounce cans
Tomato or other soup: 4 cans
Cocoa: 2 boxes of individual packets
Pudding: 4, 4-pack of 4 1/4-ounce containers
Raisins: 2, 16-ounce package
Peanuts or other nuts: 1, 16 ounce or larger package or jar
Tea: 1 box with 32 bags, and/or instant coffee: 8-ounce jar
Nonfat dried milk: 1 large box
Bottled water: 16 gallons

*Vegetarians can substitute vegetarian baked beans, peanut butter, bean soup, and vegetarian chili.

Remember: If you have pets, plan ahead for their needs, too.

Suggested menus for three days

Breakfast

Day 1: Cold cereal, milk, juice, coffee or tea
Day 2: Bread, peanut butter, juice, coffee or tea
Day 3: Cold cereal, milk, juice, coffee or tea

Lunch

Day 1: Peanut butter, bread, applesauce, cocoa
Day 2: Tuna, bread, peaches, cocoa or juice
Day 3: Cheese, crackers, pork and beans, fruit cocktail, cocoa

Supper or dinner

Day 1: Chili, crackers, corn, milk
Day 2: Beef stew, crackers, pudding, milk
Day 3: Tomato or other soup, peanut butter, bread, applesauce, milk

Snacks:

Pudding, dried fruits, small packages of peanuts or other nuts, cocoa, individual cans of juice, coffee or tea.