

## Benton County Public Health - Emergency Preparedness Family Shopping Guide

<p style="text-align: center;"><b>Week 1</b></p> <p><b>Grocery Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 gal. water*</li> <li><input type="checkbox"/> 1 sm jar peanut butter*</li> <li><input type="checkbox"/> 1 lrg can juice*</li> <li><input type="checkbox"/> 1 can meat*</li> <li><input type="checkbox"/> hand-operated can opener</li> <li><input type="checkbox"/> instant coffee, tea, powered soft drinks</li> <li><input type="checkbox"/> permanent marking pen</li> <li><input type="checkbox"/> 1 gallon of water per pet</li> </ul> <p>Also: pet food, diapers and/or baby food if needed.</p> <p><b>To Do:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Make a family plan</li> <li><input type="checkbox"/> Date each perishable food item using marking pen</li> </ul>	<p style="text-align: center;"><b>Week 2</b></p> <p><b>Hardware Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> crescent wrench</li> <li><input type="checkbox"/> heavy rope</li> <li><input type="checkbox"/> duct tape</li> <li><input type="checkbox"/> 2 flashlights with extra batteries</li> <li><input type="checkbox"/> “bungee” cords</li> </ul> <p>Also: a leash or carrier for your pet, if needed.</p> <p><b>To Do:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Check your house for hazards.</li> <li><input type="checkbox"/> Locate your gas meter and water shutoffs and attach a wrench near them for emergency use</li> </ul>	<p style="text-align: center;"><b>Week 3</b></p> <p><b>Grocery Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 gal. water*</li> <li><input type="checkbox"/> 1 can fruit*</li> <li><input type="checkbox"/> 1 can meat*</li> <li><input type="checkbox"/> sanitary napkins</li> <li><input type="checkbox"/> video tape</li> <li><input type="checkbox"/> 1 gallon of water per pet</li> </ul> <p>Also: pet food, diapers and/or baby food if needed.</p> <p><b>To Do:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Use a video camera to tape the contents of your home for insurance purposes. Store tape with friend/family member who lives out of town</li> </ul>	<p style="text-align: center;"><b>Week 4</b></p> <p><b>Hardware Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Plumber’s tape</li> <li><input type="checkbox"/> Crowbar</li> <li><input type="checkbox"/> Smoke detector with battery</li> </ul> <p>Also: extra medications or a prescriptions marked “emergency use” if needed.</p> <p><b>To Do:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Install or test your smoke detector</li> <li><input type="checkbox"/> Tie water heater to wall studs using plumber’s tape</li> </ul>	<p style="text-align: center;"><b>Week 5</b></p> <p><b>Grocery Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 gal. water*</li> <li><input type="checkbox"/> 1 can fruit*</li> <li><input type="checkbox"/> 1 can meat*</li> <li><input type="checkbox"/> 1 can vegetables*</li> <li><input type="checkbox"/> 2 rolls toilet paper*</li> <li><input type="checkbox"/> extra toothbrush*</li> <li><input type="checkbox"/> travel size toothpaste</li> </ul> <p>Also: special food for special diets, if needed.</p> <p><b>To Do:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Have a fire drill at home.</li> </ul>
<p style="text-align: center;"><b>Week 6</b></p> <p><b>First Aid Supplies</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Aspirin and/or acetaminophen</li> <li><input type="checkbox"/> Compresses</li> <li><input type="checkbox"/> Rolls of gauze or bandages</li> <li><input type="checkbox"/> First aid tape</li> <li><input type="checkbox"/> Adhesive bandages – assorted sizes</li> </ul> <p>Also: extra hearing aid batteries, if needed.</p> <p><b>To Do:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Check with your child’s day care or school to find out about their disaster plans.</li> </ul>	<p style="text-align: center;"><b>Week 7</b></p> <p><b>Grocery Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 gal. water*</li> <li><input type="checkbox"/> 1 can ready to eat soup</li> <li><input type="checkbox"/> 1 can fruit*</li> <li><input type="checkbox"/> 1 can vegetables</li> </ul> <p>Also: extra plastic baby bottles, formula, and diapers, if needed.</p> <p><b>To Do:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Establish an out-of-state contact to call in case of emergency</li> </ul>	<p style="text-align: center;"><b>Week 8</b></p> <p><b>First Aid Supplies</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Scissors</li> <li><input type="checkbox"/> Tweezers</li> <li><input type="checkbox"/> Antiseptic</li> <li><input type="checkbox"/> Thermometer</li> <li><input type="checkbox"/> Liquid hand soap</li> <li><input type="checkbox"/> Disposable hand wipes</li> <li><input type="checkbox"/> Sewing kit</li> </ul> <p>Also: extra eyeglasses, if needed.</p> <p><b>To Do:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Place a pair of shoes and a flashlight under your bed so they are handy during an emergency.</li> </ul>	<p style="text-align: center;"><b>Week 9</b></p> <p><b>Grocery Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 can ready to eat soup*</li> <li><input type="checkbox"/> Liquid dish soap</li> <li><input type="checkbox"/> Plain liquid bleach</li> <li><input type="checkbox"/> Heavy duty garbage bags</li> </ul> <p>Also: saline solution and a contact lens case, if needed.</p> <p><b>To Do:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Send some of your favorite family photos (or copies) to family members out of state for safekeeping.</li> </ul>	<p style="text-align: center;"><b>Week 10</b></p> <p><b>Hardware Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Waterproof portable plastic container (with lid) for important papers</li> <li><input type="checkbox"/> Portable am/fm radio (with batteries)</li> </ul> <p>Also: blankets or sleeping bag for each family member</p> <p><b>To Do:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Make photocopies of important papers and store safely.</li> </ul>

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 the 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 container or food may be kept on kitchen shelves. Remember to rotate your perishable supplies and change your water every six months.

<p><b>Week 11</b> <b>Grocery Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 lrg can juice*</li> <li><input type="checkbox"/> Large plastic food bags</li> <li><input type="checkbox"/> 1 box quick energy snacks</li> <li><input type="checkbox"/> 3 rolls paper towels</li> <li><input type="checkbox"/> sunscreen</li> </ul> <p>Also: sunglasses for each family member</p> <p><b>To Do:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Store a roll of quarters for emergency phone calls.</li> <li><input type="checkbox"/> Go on a hunt with your family to find a pay phone near home.</li> </ul>	<p><b>Week 12</b> <b>First Aid Supplies</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Anti-diarrhea medicine</li> <li><input type="checkbox"/> Rubbing alcohol</li> <li><input type="checkbox"/> Latex gloves</li> <li><input type="checkbox"/> Ipecac syrup and activating charcoal</li> <li><input type="checkbox"/> vitamins</li> </ul> <p>Also: items for denture care, if needed.</p> <p><b>To Do:</b></p> <ul style="list-style-type: none"> <li><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.</li> </ul>	<p><b>Week 13</b> <b>Hardware Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Whistle</li> <li><input type="checkbox"/> ABC fire extinguisher</li> <li><input type="checkbox"/> Pliers</li> <li><input type="checkbox"/> Vise grips</li> </ul> <p><b>To Do:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Take a first aid/CPR class.</li> </ul>	<p><b>Week 14</b> <b>Grocery Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 can fruit*</li> <li><input type="checkbox"/> 1 can meat*</li> <li><input type="checkbox"/> 1 can vegetables*</li> <li><input type="checkbox"/> Paper plates</li> <li><input type="checkbox"/> Eating utensils</li> <li><input type="checkbox"/> Paper cups</li> </ul> <p><b>To Do:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Make a plan to check on a neighbor who might need help in an emergency.</li> </ul>	<p><b>Week 15</b> <b>Hardware Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Extra batteries</li> <li><input type="checkbox"/> Masking tape</li> <li><input type="checkbox"/> Hammer</li> <li><input type="checkbox"/> Assorted nails</li> </ul> <p><b>To Do:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Secure large furniture that may fall in high winds such as a tornado.</li> </ul>
<p><b>Week 16</b> <b>Grocery Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 can meat*</li> <li><input type="checkbox"/> 1 can vegetables*</li> <li><input type="checkbox"/> Heavy duty garbage bags</li> <li><input type="checkbox"/> Kleenex</li> <li><input type="checkbox"/> Quick energy snacks (raisins, granola bars)</li> </ul> <p><b>To Do:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Find out if you have a neighborhood safety organization and join it!</li> </ul>	<p><b>Week 17</b> <b>Grocery Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Graham crackers</li> <li><input type="checkbox"/> Assorted plastic containers with lids</li> <li><input type="checkbox"/> Dry cereal</li> <li><input type="checkbox"/> Safety pins</li> </ul> <p><b>To Do:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Arrange for a friend or neighbor to help your children if you are at work.</li> </ul>	<p><b>Week 18</b> <b>Hardware Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> "Child-proof" latches for your cupboards</li> <li><input type="checkbox"/> Double sided tape or Velcro-type fastener to secure moveable objects</li> </ul> <p><b>To Do:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Pack a "go-pack" in case you have to evacuate.</li> </ul>	<p><b>Week 19</b> <b>Grocery Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Heavy duty garbage bags</li> <li><input type="checkbox"/> Quick energy snacks (raisins, granola bars)</li> </ul> <p><b>To Do:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Have a tornado and fire drill at home.</li> </ul>	<p><b>Week 20</b> <b>Hardware Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Camping or utility knife</li> <li><input type="checkbox"/> Extra radio batteries</li> </ul> <p><b>To Do:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Find out about your workplace disaster plan.</li> </ul>
<p><b>Week 21</b> <b>Hardware Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Heavy work gloves</li> <li><input type="checkbox"/> Disposable dust masks</li> <li><input type="checkbox"/> Screwdriver</li> <li><input type="checkbox"/> Plastic safety goggles</li> </ul>	<p><b>Week 22</b> <b>Grocery Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Extra hand operated can opener</li> <li><input type="checkbox"/> 3 rolls paper towels</li> </ul>	<p><b>Week 23</b> <b>Hardware Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Battery powered camping lantern with extra battery or extra flashlights</li> </ul>	<p><b>Week 24</b> <b>Grocery Store</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Large plastic food bags</li> <li><input type="checkbox"/> Plastic wrap</li> <li><input type="checkbox"/> Aluminum foil</li> </ul>	<p><b>* per person</b></p>

- To get started:
- ❖ Check your house for supplies that you already have on hand.
  - ❖ Decide where you will store supplies.
  - ❖ Meet with your family to plan.
  - ❖ Explain how to prepare; explain when and how to respond.
  - ❖ Discuss what to do if you need to evacuate.
  - ❖ Practice your plan!

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.

Information copied from Mayes County Emergency Management <http://www.mayescem.us>

For more information: Benton County Public Health Unit (320) 968-5087 or [www.co.benton.mn.us](http://www.co.benton.mn.us)