

# YOUR FAMILY'S DISASTER SUPPLIES CALENDAR

A comprehensive emergency kit can help you and your family remain self-sufficient during a major local or regional disaster, but the task of putting one together can seem daunting. To make it easier, we've created this Disaster Supplies Calendar. This calendar breaks the job of assembling your kit into smaller, achievable steps, so that you can put the kit together without a large initial outlay of time and money. Check off each week as you gather the materials and perform the items on the "To Do" lists. You'll be surprised at your progress.

Store your supplies in a large plastic garbage can, perhaps one with wheels. Goods may be kept in the disaster kit or on kitchen shelves. When deciding where to store your kit, think about how accessible it will be after a disaster. Remember to rotate your perishable supplies and change water every six months.

## TO GET STARTED:

Check your house for supplies that you already have on hand.

Decide where you will store supplies (food may be packed together in a single container or kept on shelves for easy rotation).

## MEET WITH YOUR FAMILY TO PLAN:

Discuss the types of disaster that could occur.

Explain how to prepare; explain when and how to respond.

Discuss what to do if you need to evacuate.

Practice your plan.

## ASSEMBLE YOUR "Go-Pack"

A "GO-Pack" is a backpack, daypack or similar carrier that can be easily taken with you. It should contain your most important items, such as a change of clothes, quarters for pay phones, out-of-state contact information, medications, and important papers.

If you have questions or you want more information, contact the Okeechobee County Emergency Management Department at 863-763-3212, or online at <http://www.okeechobeeec.com/>.



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<p>WEEK 1</p> <p><b>Grocery Store</b>  1 Gallon Water*  1 Jar Peanut Butter*  1 Large Can Juice*  1 Can Meat*  Hand operated can opener  Instant coffee, tea, powdered drinks  Permanent marking pen to mark date on cans</p> <p><b>ALSO:</b> Pet food, diapers, and/or baby food <i>(remember 1 gallon water for each pet)</i></p> <p><b>To Do:</b>  Check your house for hazards</p>	<p>WEEK 2</p> <p><b>Hardware Store</b>  Plumber's tape  Crowbar  Smoke Detector with battery</p> <p><b>ALSO:</b> Pet leash or carrier.</p> <p><b>To Do:</b>  Install or test your smoke detector. If your home already has detectors, replace the batteries and test them.</p>	<p>WEEK 3</p> <p><b>Grocery Store</b>  1 Gallon Water*  1 Can Meat *  1 Can Fruit*  Sanitary napkins  Adult vitamins</p> <p><b>ALSO:</b> pet food, diapers, and/or baby food <i>(remember 1 gallon water for each pet)</i></p> <p><b>To Do:</b>  Locate your gas meter and water shutoffs, and ensure you have a wrench that fits each. Show your family where the gas &amp; water shutoffs are located.</p>	<p>WEEK 4</p> <p><b>Hardware Store</b>  Crescent wrench  Heavy Rope  Duct Tape  2 Flashlights with batteries  Bungee Cords</p> <p><b>ALSO:</b> extra medications or a prescription marked "Emergency Use."</p> <p><b>To Do:</b>  Place a pair of sturdy shoes and a flashlight under each bed so that they are handy during an emergency.</p>
<p>WEEK 5</p> <p><b>Grocery Store</b>  1 Gallon Water*  1 Can Meat*  1 Can Fruit*  1 Can Vegetables*  2 Rolls Toilet Paper*  Extra Toothbrush  Travel sized toothpaste</p> <p><b>ALSO:</b> Special foods for special needs / dietary restrictions.</p> <p><b>To Do:</b>  Make a disaster plan with your family.</p>	<p>WEEK 6</p> <p><b>First Aid Supplies</b>  Aspirin and/or acetaminophen  Compresses  Rolls of gauze or bandages  First Aid tape  Adhesive Bandages (in assorted sizes)</p> <p><b>ALSO:</b> Extra hearing aid batteries or batteries for special medical equipment.</p> <p><b>To Do:</b>  Store roll of quarters for emergency phone calls. Go on a hunt with your family to find pay phones near your home and record their location.</p>	<p>WEEK 7</p> <p><b>Hardware Store</b>  "Child Proof" latches or other fastners for your cupboards  Double Sided tape or Velcro-tape fasteners to secure heavy objects</p> <p><b>ALSO:</b> Any items required for dental care.</p> <p><b>To Do:</b>  Install latches and fasteners on shelves and cupboards.</p>	<p>WEEK 8</p> <p><b>Grocery Store</b>  1 Gallon Water*  1 Can ready-to-eat soup*  1 Can Fruit*  1 Can Vegetables*  Children's vitamins</p> <p><b>ALSO:</b> Any items required for eye care.</p> <p><b>To Do:</b>  Pack a "Go Pack" in case you need to evacuate. Mark your calendar for six months from today as a "food and water check" day</p>

<p>WEEK 9</p> <p><b>First Aid Supplies</b>  Scissors  Tweezers  Antiseptic  Liquid Hand Soap  Disposable hand wipes  Sewing kit</p> <p><b>ALSO:</b> Individual eye protection (<i>not prescription, safety goggles</i>)</p> <p><b>To Do:</b>  Establish an out of State contact to call in case of emergency.  Inform friends and family of this number, who will act as a point of contact for them whenever you have an emergency.</p>	<p>WEEK 10</p> <p><b>Grocery Store</b>  1 Can ready-to-eat soup*  Liquid dish soap  Plain liquid bleach  1 box heavy duty garbage bags</p> <p><b>ALSO:</b> Assemble some games for your and your family to play, as well as individual games.</p> <p><b>To Do:</b>  Plan and practice <b>Exit Drills In The Home (E.D.I.T.H)</b></p>	<p>WEEK 11</p> <p><b>Hardware Store</b>  Waterproof portable plastic container (with sealing lid) for important papers  Portable AM/FM radio (with batteries)</p> <p><b>ALSO:</b> Blankets or sleeping bags for each family member.</p> <p><b>To Do:</b>  Check with your child's day care or school for their disaster plan.   Arrange for a family member, friend or neighbor to help your children if you are at work</p>	<p>WEEK 12</p> <p><b>Grocery Store</b>  1 Large Can Juice*  Large Plastic Food Bags  1 Box quick energy snacks (power bars)  3 Rolls Paper Towels</p> <p><b>To Do:</b>  Sign up for First Aid / CPR class and <b>Community Emergency Response Training courses (C.E.R.T.)</b></p>
<p>WEEK 13</p> <p><b>First Aid Supplies</b>  Anti-diarrhea medicine  Rubbing Alcohol  Box of disposable vinyl gloves  Ipecac syrup and activated charcoal (for accidental poisonings)</p> <p><b>ALSO:</b> Sunscreen</p> <p><b>To Do:</b>  Find out if you have a neighborhood safety organization and join it.  Plan to check on a neighbor who might need help during an emergency.</p>	<p>WEEK 14</p> <p><b>Hardware Store</b>  Whistle  ABC Fire Extinguisher  Pliers  Vise Grips</p> <p><b>ALSO:</b> Purchase an emergency escape ladder for any second story bedrooms.</p> <p><b>To Do:</b>  Find out about your workplace disaster plans.</p>	<p>WEEK 15</p> <p><b>Grocery Store</b>  1 Can Fruit*  1 Can Vegetables*  1 Can Meat*</p> <p>1 Package eating utensils  1 package paper cups</p> <p><b>ALSO:</b> Purchase DVD or other entertainment that your family will enjoy.</p>	<p>WEEK 16</p> <p><b>Hardware Store</b>  Extra flashlight batteries  Duct Tape  Hammer  Assorted Nails  Wood Screws</p> <p><b>To Do:</b>  Make photocopies of important papers and store them safely.  Send some of your favorite family photos (or copies) to family members out of State for safekeeping.  Determine if there is an out of state family member or secure storage place to put copies of your important papers.</p>

<b>WEEK 17</b>  <b>Grocery Store</b> 1 Can Meat* 1 Can Vegetables* 1 Box Large heavy-duty garbage bags Facial tissues 1 Box quick energy snacks (power bars)	<b>WEEK 18</b>  <b>Grocery Store</b> 1 Box Graham Crackers Assorted Plastic containers with lids Assorted Safety Pins Dry Cereal	<b>WEEK 19</b>  <b>Grocery Store</b> 1 box heavy duty garbage bags 1 Box quick energy snacks (power bars)	<b>WEEK 20</b>  <b>Hardware Store</b> Camping or utility knife Extra batteries for portable radio.
<b>WEEK 21</b>  <b>Grocery Store</b> Extra hand operated can opener 3 Rolls Paper Towels	<b>WEEK 22</b>  <b>Hardware Store</b> Heavy Work Gloves 1 Box disposable dust masks Screwdriver	<b>WEEK 23</b>  <b>Hardware Store</b> Battery powered camping lantern with extra battery	<b>WEEK 24</b>  <b>Grocery Store</b> Large Plastic Food Bags Plastic Wrap Aluminum Foil

**Items marked with an asterisk \* should be purchased for each member of the household.**

**SUGGESTED FOODS**

Canned Meat	Tuna, Chicken, Ravioli, Chili, Beef Stew, Tuna, SPAM, Corned Beef, etc.
Canned Vegetables	Green Beans, Kernel Corn, Peas, Beets, Kidney Beans, Carrots, etc.
Canned Fruits	Pears, Peaches, Mandarin Oranges, Applesauce, Mixed Fruit, etc.
Cereal	Cheerios, Chex, Kix, Shredded Wheat, Total, other healthy cereals.
Quick Energy Snacks	Granola Bars, Trail Mix, Raisins, Dried Fruit, Powerbars, etc.

In a disaster, there is enough stress without your family having to eat foods they don't like. Pick foods based on your family's needs and wants. Whenever possible, pick low-salt, water packed varieties.

*Be sure to rotate your supplies every six (6) months to a year!*



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