

Emergency Preparedness Plan

At FoodStorageMadeEasy.NET we believe being prepared for a natural disaster type of emergency is the first step to building a Food Storage. We have broken up the Emergency Preparedness Plan into 3 basic steps:

family plan



Includes a list of topics to discuss with your family, emergency protocol to follow, contact info, meeting locations and education.

An emergency is no time to figure out what you should be doing. Make it a habit of reminding young children of your plans and protocols.

Disasters Kit



Includes a list of items for your disasters kit along with options for you to get a 72-hour food kit put together.

These items may be for you to use at home, or for you to take with you in case of an evacuation type scenario.

evacuation list



Includes measures to take when evacuating your home including a list of important things to grab and instructions to build a car kit.

You never know when you may be stranded on the road, so make sure to keep your car prepared for emergencies.

FOOD STORAGE made EASY

Food Storage Made Easy is a blog written by two young moms attempting to get a year's supply of food storage put together. As Jodi and Julie started the process they realized there was SO much to learn. They decided to start a blog to keep track of their research, break it into BabySteps and hopefully help others as well.

10 Babysteps

1. storage/shelves
2. water
3. 3 month supply
4. long term planning
5. grains
6. legumes
7. baking ingredients
8. fruits and veggies
9. comfort foods
10. non-food items

FoodStorageMadeEasy.NET

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FOOD STORAGE made EASY

EMERGENCY PREPAREDNESS PLAN



Building YOUR food storage
Using 10 BABYSTEPS

FoodStorageMadeEasy.NET



family plan

Make a family plan in case there is an emergency.

- discuss how to respond to the dangers of fire, severe weather, earthquakes, and other emergencies
- find the safe spots in your home
- discuss what to do about power outages and injuries
- draw a floor plan of your home and mark two escape routes
- post emergency phone numbers
- teach children how and when to call 911, police, and fire, and important phone numbers
- pick one out-of-state and one local friend/family member to call in a disaster
- teach children the phone numbers
- pick two reunion locations, one near your home, and one far away in case you cannot return
- take a basic first aid and CPR class

Out-of-State-Contact: Emergency Numbers:

Name: Police:
 City: Fire:
 Telephone: Hospital:

Local Contact: Family Physicians:

Name: Name:
 Telephone: Telephone:

Nearest Relative: Telephone:

Name:
 City:
 Telephone:

Reunion Locations:

Right outside home:
 Address:

Work Numbers: Away from home:

Mother: Address:
 Father: Route to take:



disaster kit

Most sources suggest storing supplies to have on hand in the event of an emergency. The following is a list of the most common items:

- supply of water (one gallon per person per day)
- first aid kit and prescription medications
- extra pair of glasses
- credit cards and cash (in small bills)
- change of clothes and sturdy shoes
- battery powered radio, and extra batteries
- blankets/sleeping bags, rain poncho, body warmer
- list of emergency plan contact info
- booster cables, car shovel, rope
- N95 dust mask, working gloves
- flashlight with batteries
- wind/waterproof matches, and candle
- personal hygiene products
- games, books, hard candy, toys
- tire repair kit & pump, duct tape, Swiss army knife
- important documents (see site for a full list)
- 72 hour kit of food

Breakfasts:

Granola bars
 Fruit cups
 Cold cereal/dry milk
 Instant Oatmeal

Lunches/Dinners:

Beef Jerky/Beef sticks
 Protein Bars
 Cheese & Crackers
 Pop-Top Soups
 Lipton Noodle Soups
 Banie Weenies
 Vienna Sausage
 Pop-Top Stew/Pastas
 Chili

Snacks:

Hard candy
 Trail Mix
 Raisins
 Fruit Roll-Ups
 Crackers

*don't forget utensils, containers, heating sources, disposable dishes, and baby items



evacuation list

In the event you need to evacuate your home, it is recommended you take the following measures, have a car kit, a grab list of things to take in case your house is destroyed.

- listen to a battery powered radio for the location of emergency shelters
- make arrangements for pets
- wear protective clothing and sturdy shoes
- take your disaster supplies kit
- lock your house
- use travel routes specified by local officials
- shut off water, gas, and electricity (if needed)
- let others know when you left/where you're going

Car Kit:

- 72 hour kit food and water
- Cash (small bills and include some change)
- Diapers/Wipes if you have kids
- Emergency blankets/hand warmers
- Jumper cables
- Car shovel/pick
- Pocket knife, first aid kit, radio
- Package of batteries (for flashlight and radio)
- Toilet paper roll
- Spare clothes for small children
- Coffee can heater

Grab List:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____