



# Terre Haute Deanery Pastoral Center

1801 Poplar St., Terre Haute, IN 47803  
Phone: (812) 232-8400 Fax: (812) 232-8400



## Your Family Disaster Supplies Calendar – Week 1

The Family Disaster Supplies Calendar is intended to help you prepare for man-made or natural 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 garbage can or plastic bins with wheels. Remember to rotate your perishable supplies and change water every six months.

### To get started:

- Check your house for supplies that already have on hand.
- Decide where you will store supplies.
- Meet with your family to plan.
- Check house and/or apartment for hazards and secure those things that may fall or fly away.

### The shopping list for Week 1:

- One gallon of water\*
- One can of fruit\*
- One can of meat (chicken, tuna, beef)\*
- Sanitary napkins
- Media storage (video tape, DVD, memory stick)
- One gallon of water per pet

\*per person

### Emergency Preparedness Actions:

Use a video camera or cell phone to record the contents of your home for insurance purposes.

Store (video tape, DVD, memory stick) with trusted friend/family that lives out of town.