

Food Storage Item: 21 lbs Wheat (date for rotation)

Week 4

Add \$10 to cash to emergency cash stash.



Week 3

Add 11/2 gallons of water per person to 72-hour kit.



Week 2

Check out www.ready.gov for tips on planning ahead for disasters. Talk with your family about your disaster plan.



Week 1

Obtain a suitable 72-hour kit container (backpack, duffel bag, rolling suitcase).







Food Storage Item: 21 lbs Wheat (date for rotation)

Week 4

Add \$10 to cash to emergency cash stash.



Week 3

Add 1½ gallons of water per person to 72-hour kit.



Week 2

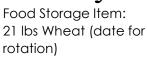
Check out www.ready.gov for tips on planning ahead for disasters. Talk with your family about your disaster plan.

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Obtain a suitable 72-hour kit container (backpack, duffel bag, rolling suitcase).

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January



Week 4

Add \$10 to cash to emergency cash stash.



Week 3

Add 1¹/₂ gallons of water per person to 72-hour kit.



Week 2

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Week 1

Obtain a suitable 72-hour kit container (backpack, duffel bag, rolling suitcase).



January



Food Storage Item: 21 lbs Wheat (date for rotation)

Week 4

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Week 3

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Week 2

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Week 1

Obtain a suitable 72-hour kit container (backpack, duffel bag, rolling suitcase).





Week 1

February Food Storage Item: 21 lbs. rice (date for

Add a can opener to

Add 2 cans tung fish or canned meat to 72-hr kit.

Check out www.finance.usu.edu

for tips on financial emergency

rotation)

Week 8

72-hour kit.

Week 7

Week 6

preparedness.







Week 8

Add a can opener to 72-hour kit.

Week $\nabla \heartsuit \heartsuit \heartsuit \heartsuit \bigtriangledown$

Add 2 cans tuna fish or canned meat to 72-hr kit.

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Food Storage Item: 21 lbs. rice (date for rotation)



Week 8

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Add 2 cans tuna fish or canned meat to 72-hr kit.

Check out www.finance.usu.edu for tips on financial emergency preparedness.

Week 5

Place a flashlight next to your bed and one in alternate location; check batteries.



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Check out www.finance.usu.edu for tips on financial emergency preparedness.

March

Food Storage Item: 21 lbs. pasta (date for rotation)

Week 13

Week 12

Week 11

plan.

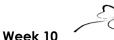
Add \$10 cash to emergency cash stash.



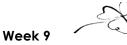
Add pocket/utility knife to 72-hour kit.



Set your clocks forward. Check the batteries in smoke and carbon monoxide detectors. Make an escape



Check out www.identitytheft.gov and learn more about warning signs of ID theft and what to do if your info is lost or stolen.



Add blanket to 72-hour kit.

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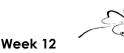




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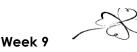


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Week 10

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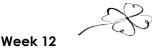
EXTENSION UtahStateUniversity

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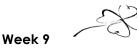
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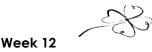


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for rotation)



Week 17

Add 48 ounces of non-carbonated canned juice to 72-hour kit (date for rotation).



Week 16

Add 1 container "wet naps" or wipes to 72-hour kit.



Week 15

Attend USU Extension class in your area. Check out www.extension.usu.edu for a list of available classes.



Week 14

Add 1 bar of soap, toothpaste, and toothbrush to 72-hour kit.

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April Food Storage Item: 15 lbs. Beans (date for rotation)

Week 17

Add 48 ounces of non-carbonated canned juice to 72-hour kit (date for rotation).



Week 16

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May

Food Storage Item: 21 lbs. oatmeal (date for rotation)

Week 22

Add peanut butter to 72-hour kit and food storage.

6 6 6 6 6 6 6 6

Week 21

Add hard candy (jolly ranchers, lifesavers) to 72-hour kit.

Week 20

Add one box of matches to 72-hour kit

6 4 6 4 6 4 6 4

Week 19

Add \$10 cash to emergency cash stash.

ራ ኖ ራ ኖ ይ Week 18

Add a 24 pack of toilet paper to your storage.

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EXTENSION **%** UtahStateUniversity May Food Storage Item: 21 lbs. oatmeal (date for rotation)

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Week 19

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E & E & E & E & Week 18

Add a 24 pack of toilet paper to your storage.

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June

Item.

Food Storage

5 lbs. dehydrated fruits or veggies (date for rotation)

Week 26

Add 1 box of crackers to 72-hour kit. \bowtie

Week 25

Add disinfectant (betadine, bleach, sterile wipes, and hand sanitizer) to 72-hour kit.

Week 24

Add Ziploc bags (variety of sizes) to 72-hour kit.

Week 23

Visit www.bereadyutah.gov for emergency preparedness resources for special needs, pets, and more.



5 lbs. dehydrated fruits or vegaies (date for rotation)

Week 26

Add 1 box of crackers to 72-hour kit.

Week 25

Add disinfectant (betadine, bleach, sterile wipes, and hand sanitizer) to 72-hour kit.

Week 24

Add Ziploc bags (variety of sizes) to 72-hour kit.

Week 23

Visit www.bereadyutah.gov for emergency preparedness resources for special needs, pets, and more.

June Food Storage

Item: 5 lbs. dehydrated fruits or veggies (date for rotation)

Week 26

Add 1 box of crackers to 72-hour kit.

Week 25

Add disinfectant (betadine, bleach, sterile wipes, and hand sanitizer) to 72-hour kit.

Week 24

Add Ziploc bags (variety of sizes) to 72-hour kit.

Week 23

Visit www.bereadyutah.gov for emergency preparedness resources for special needs, pets, and more.

June

Food Storage Item: 5 lbs. dehydrated fruits or veggies (date for rotation)

Week 26

Add 1 box of crackers to 72-hour kit.

Week 25

Add disinfectant (betadine, bleach, sterile wipes, and hand sanitizer) to 72-hour kit.

Week 24

Add Ziploc bags (variety of sizes) to 72-hour kit.

Week 23

Visit www.bereadyutah.gov for emergency preparedness resources for special needs, pets, and more.



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July

Food Storage Item: 5 lbs. dry milk (date for rotation)

Week 28

In anticipation of the canning season, get your pressure gauge tested at your local Extension office.

Week 27

Add 1-2 changes of clothing to 72-hour kit.

Week 26

Add \$10 to emergency cash stash.

Week 25

Add battery powered lantern

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Week 27

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> **EXTENSION UtahState**University

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Week 27

Add 1-2 changes of clothing to 72-hour kit.

Week 26

Add \$10 to emergency cash stash.

Week 25

Add battery powered lantern



August

Food Storage Item: 21 lbs. wheat (date for rotation)

Week 35

Add battery-powered radio to 72-hour kit; check batteries.

Add 1 lb. dried fruit to 72-hour kit (date for rotation).



Add basic first aid kit to 72-hour kit.



Review your evacuation plan.

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Week 31

Add \$10 cash to emergency cash stash.

EXTENSION*

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🏷 August



Food Storage Item: 21 lbs. wheat (date for rotation)

Week 35

Add battery-powered radio to 72-hour kit; check batteries.

Add 1 lb. dried fruit to 72-hour kit (date for rotation).

令 ② 图 ② 图 Week 33

Add basic first aid kit to 72-hour kit.

Review your evacuation plan.

谷 谷 函 伊 函 Week 31

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资资资<u>资</u>资资<u>资</u> Week 34

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J. 瓦谷瓦 Week 31

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Week 35

Add battery powered radio to 72-hour kit; check batteries.



Add 1 lb. dried fruit to 72-hour kit (date for rotation).

令 令 函 令 函 Week 33

Add basic first aid kit to 72-hour kit.



Review your evacuation plan.



Add \$10 cash to emergency cash stash.







September

Week 40

Week 39

Week 38

Food Storage Item: 21 lbs. rice (date for rotation)

Add a small game for children

Add hand shovel to 72-hour kit.

or family to 72-hour kit.

Add items related to

individual medical needs

September Food Storage Item: 21 lbs. rice (date for rotation)



Week 40

Add a small game for children or family to 72-hour kit.

Week 39

Add hand shovel to 72-hour kit.

Week 38

Add items related to individual medical needs to 72-hour kit.

Week 37

Add diapers, feminine hygiene supplies to 72-hour kit.

Week 36

Add \$10 to emergency cash stash. Check out www.utahmoneymoms.com for financial emergency preparedness

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Week 40

Add a small game for children or family to 72-hour kit.

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Add \$10 Check out

Week 37

Add diapers, feminine hygiene supplies to 72-hour kit.

Week 36

to emergency cash stash. www.utahmoneymoms.com for financial emergency preparedness

to 72-hour kit.

October Food Storage Item: # 5 lbs. cocoa (date for rotation)

Week 44

Add 1 axe to 72-hour kit.



Week 43

Add 1 large roll heavy duty aluminum foil to 72-hour kit.



Week 42

Add \$10 cash to emergency cash stash.



Week 41

Switch out the clothes in your 72 hour kit with warmer clothes for winter months.

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October Food Storage Item: 5 lbs. cocoa (date for rotation)



Week 44

Add 1 axe to 72-hour kit.



Week 43

Add 1 large roll heavy duty aluminum foil to 72-hour kit.

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Week 42

Add \$10 cash to emergency cash stash.



Week 41

Switch out the clothes in your 72 hour kit with warmer clothes for winter months.

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October

Week 44

Week 43

Food Storage Item: 5 lbs. cocoa (date for rotation)

Add 1 axe to 72-hour kit.

Add 1 large roll heavy duty

aluminum foil to 72-hour kit.

Add \$10 cash to emergency



October

Food Storage Item: 5 lbs. cocoa (date for rotation)

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Week 42

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Week 41

Switch out the clothes in your 72 hour kit with warmer clothes for winter months.



Week 41

Week 42

cash stash.

Switch out the clothes in your 72 hour kit with warmer clothes for winter months.

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November

Food Storage Item: 15 lbs. beans (date for rotation)

Week 48

Make sure your financial binder is complete. Send one copy to family member/friend in a separate location, preferably another state.

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Week 47

Add 1-2 boxes pre-sweetened cereal to 72-hour kit.

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Week 46

Check batteries in smoke detector and carbon monoxide detector. Practice escape routes.

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Week 45

Set your clocks back. Add \$10 to emergency cash stash.

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December 1

Food Storage Item: 21 lbs. pasta (date for rotation)

Week 52

Happy New Year! You've aiven vourself a areat aift security and some food storage. But don't stop here. Start all over again in the New

Year to rotate and repletish those supplies you've used.



Week 51

Merry Christmas! Add some extra baking supplies to your food storage.



Add paper/plastic cups, plates, and utensils to 72-hour kit.



Add 1 lb. Graham crackers to 72- hour kit.

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21 lbs. pasta (date for rotation)

Week 52

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Week 51

Merry Christmas! Add some extra baking supplies to your food storage.

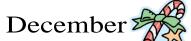
Week 50

Add paper/plastic cups, plates, and utensils to 72-hour kit.

Week 49

Add 1 lb. Graham crackers to 72- hour kit.

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