

Weekly Meals

MONDAY	BREAKFAST:
	LUNCH:
	DINNER:
	SNACKS:
	NOTES:

TUESDAY	BREAKFAST:
	LUNCH:
	DINNER:
	SNACKS:
	NOTES:

WEDNESDAY	BREAKFAST:
	LUNCH:
	DINNER:
	SNACKS:
	NOTES:

THURSDAY	BREAKFAST:
	LUNCH:
	DINNER:
	SNACKS:
	NOTES:

FRIDAY	BREAKFAST:
	LUNCH:
	DINNER:
	SNACKS:
	NOTES:

SATURDAY	BREAKFAST:
	LUNCH:
	DINNER:
	SNACKS:
	NOTES:

SUNDAY	BREAKFAST:
	LUNCH:
	DINNER:
	SNACKS:
	NOTES:

SHOPPING LIST

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EMERGENCY GO LIST:

Keep you and your family in mind. Make purchases based on your specific needs.

- FOOD & DRINK**
- 2 jars of peanut butter
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Weekly Meals

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	LUNCH: _____
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SHOPPING LIST

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ALL OUT OF:

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EMERGENCY GO LIST:

Keep you and your family in mind. Make purchases based on your specific needs.

- FOOD & DRINK**
- 3 cans of chicken
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EMERGENCY GO LIST:
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FOOD & DRINK

- 3 boxes of protein bars
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FOOD & DRINK

- 1 bag of pretzels
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FOOD & DRINK

- 2 boxes cereal
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EMERGENCY GO LIST:

Keep you and your family in mind. Make purchases based on your specific needs.

OVER-THE-COUNTER MEDICATIONS

- Tylenol
- Ibuprofen
- Aspirin

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EMERGENCY GO LIST: <small>Keep you and your family in mind. Make purchases based on your specific needs.</small>
OVER-THE-COUNTER MEDICATIONS
○ Cough Drops
○ Cough Syrup
○ Cold Medicine

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EMERGENCY GO LIST: <small>Keep you and your family in mind. Make purchases based on your specific needs.</small>
MEDICATIONS
○ 7-day supply of prescription medications

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Keep you and your family in mind. Make purchases based on your specific needs.

MEDICATIONS

- **Special Medical Supplies** i.e., needles, syringes, test strips, spare glucometer, etc.

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EMERGENCY GO LIST:

Keep you and your family in mind. Make purchases based on your specific needs.

PERSONAL ITEMS

- Shampoo or Dry Shampoo
- Soap or cleansing wipes
- Dawn Dish Soap

Weekly Meals

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EMERGENCY GO LIST:

Keep you and your family in mind. Make purchases based on your specific needs.

ESSENTIALS

- Extra Batteries
- Cellphones & Chargers
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EMERGENCY GO LIST:

Keep you and your family in mind. Make purchases based on your specific needs.

ESSENTIALS

- Maps of the Area
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Weekly Meals

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EMERGENCY GO LIST:

Keep you and your family in mind. Make purchases based on your specific needs.

ESSENTIALS

- Hand Sanitizer
- Matches in Water-Proof Container
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Weekly Meals

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EMERGENCY GO LIST:

Keep you and your family in mind. Make purchases based on your specific needs.

ADDITIONAL ITEMS

- Multi-Purpose Tool
- Extra Batteries
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ADDITIONAL ITEMS

- Generator
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EMERGENCY GO LIST:
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ADDITIONAL ITEMS

- Whistle
- Rain Gear
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ADDITIONAL ITEMS

- Household Liquid Bleach
- Two-way Radios
- Work Gloves
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ADDITIONAL ITEMS

- N-95 Masks / Surgical Masks
- Duct Tape
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WEDNESDAY	BREAKFAST:
	LUNCH:
	DINNER:
	SNACKS:
	NOTES:

THURSDAY	BREAKFAST:
	LUNCH:
	DINNER:
	SNACKS:
	NOTES:

FRIDAY	BREAKFAST:
	LUNCH:
	DINNER:
	SNACKS:
	NOTES:

SATURDAY	BREAKFAST:
	LUNCH:
	DINNER:
	SNACKS:
	NOTES:

SUNDAY	BREAKFAST:
	LUNCH:
	DINNER:
	SNACKS:
	NOTES:

SHOPPING LIST

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EMERGENCY GO LIST:

Keep you and your family in mind. Make purchases based on your specific needs.

CAR KIT

- Warm Clothing
- Tire Repair Kit
- Tire Inflator
- Road Flares or Reflective Triangles

Weekly Meals

MONDAY	BREAKFAST:
	LUNCH:
	DINNER:
	SNACKS:
	NOTES:

TUESDAY	BREAKFAST:
	LUNCH:
	DINNER:
	SNACKS:
	NOTES:

WEDNESDAY	BREAKFAST:
	LUNCH:
	DINNER:
	SNACKS:
	NOTES:

THURSDAY	BREAKFAST:
	LUNCH:
	DINNER:
	SNACKS:
	NOTES:

FRIDAY	BREAKFAST:
	LUNCH:
	DINNER:
	SNACKS:
	NOTES:

SATURDAY	BREAKFAST:
	LUNCH:
	DINNER:
	SNACKS:
	NOTES:

SUNDAY	BREAKFAST:
	LUNCH:
	DINNER:
	SNACKS:
	NOTES:

SHOPPING LIST

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EMERGENCY GO LIST:

Keep you and your family in mind. Make purchases based on your specific needs.

CAR KIT

- Shovel
- Sand or cat litter
- Portable Power Bank
- Multi-tool
- Maps
- Tarp
- HELP sign

Weekly Meals

MONDAY	BREAKFAST:
	LUNCH:
	DINNER:
	SNACKS:
	NOTES:

TUESDAY	BREAKFAST:
	LUNCH:
	DINNER:
	SNACKS:
	NOTES:

WEDNESDAY	BREAKFAST:
	LUNCH:
	DINNER:
	SNACKS:
	NOTES:

THURSDAY	BREAKFAST:
	LUNCH:
	DINNER:
	SNACKS:
	NOTES:

FRIDAY	BREAKFAST:
	LUNCH:
	DINNER:
	SNACKS:
	NOTES:

SATURDAY	BREAKFAST:
	LUNCH:
	DINNER:
	SNACKS:
	NOTES:

SUNDAY	BREAKFAST:
	LUNCH:
	DINNER:
	SNACKS:
	NOTES:

SHOPPING LIST

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ALL OUT OF:

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EMERGENCY GO LIST:

Keep you and your family in mind. Make purchases based on your specific needs.

CAR KIT

- Window Breaker/Seatbelt Cutter
- Whistle
- Gloves with grips
- Toilet Paper

