

JUST ONE THING

THE EMERGENCY PREPAREDNESS NEWSLETTER FOR THE ORANGE CALIFORNIA STAKE

FIRST 3 DAYS



Food Supply

Canned food is generally easiest

Water Supply

1 gallon per person per day

First Aid Supplies

Cash in small bills

Store all items in a portable container that is easy to access and travel with for a moderate distance.

Hygiene Supplies

Include Babies, Elderly & Feminine Needs

Shelter Supplies

72 Hour Kit in Cars

This month we are working on part two of the *First 3 Days* and our focus is on storing enough food to last for at least 3 days. There are two different emergency scenarios to consider when storing food. Are you staying at your house or are you relocating? If you are staying at your house, it's fairly simple to have at least three days of food on hand, but if you need to relocate quickly, you need a little more advance planning.

Our recent pandemic experience has highlighted why it's a good idea to always have a well-stocked pantry. You should store items that last a long time, like canned goods (meat, vegetables & fruit), rice, beans, pasta, flour, sugar or honey, condiments, oils, yeast, baking soda, and seasonings. Make sure you know how to use these items and rotate through them regularly. Even on a tight budget you can gradually build up a reserve of these items by purchasing a few extra items each time you shop or if there is a good sale.

You should have an easy to carry 72-Hour kit with food and water. Nobody wants to carry a backpack full of heavy, bulky metal cans, so you need to plan ahead. You want food that is lightweight, provides good nutrition, and that you and your family will actually eat. There are lots of ways to accomplish this goal, so how you do it will depend on your budget, taste preferences and dietary constraints. See below for ideas on what to consider when stocking your portable food supply.

IF YOU ONLY HAVE TIME TO DO ONE THING THIS MONTH, DO THIS:



July's ONE Thing

Store enough food to last for at least 3 days.



FOOD FOR YOUR 72 HOUR KIT



You can take a variety of approaches to stocking your 72 hour kit with food. A quick and long lasting solution is to buy a kit that already comes with a high calorie food bar. It is vacuum sealed and lasts about 5 years. However, the ones that I have tried don't taste very good, so try one first before you stock up. You can buy a variety of MREs (Meals Ready to Eat), which will last a long time and come in lightweight, vacuum sealed pouches. Some even have special chemical heating bags so you can have a warm meal. The downside is that they are expensive and highly processed. Freeze dried foods are lightweight, long-lasting, and generally healthy, but they are also on the expensive side, especially when you purchase smaller pouches. A much less expensive option is to buy individually packed items that don't require cooking and will give you the calories you need. Think of applesauce pouches, beef jerky, tuna, protein bars, nuts, raisins, fruit leather, etc. The down side is that you will have to replace these items at least once a year. Here are some links to some great ideas on inexpensive kits you can easily assemble:

<https://simplefamilypreparedness.com/72-hour-food-kit/> and
<http://foodstoragemadeeasy.net/fsme/docs/eprep-handout.pdf>

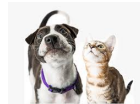
This year we are gradually getting better prepared by going through the *Power of 3 Member Preparedness Plan*.

You can find the *Power of 3* plan at <https://www.orangestakelinks.com/>

Exciting news! The website now has an "Emergency Preparedness" tab where you can find back issues of this newsletter and other resources. I'll be adding more resources throughout the year, so keep checking for new info.



Time For More?



WHEN YOU FINISH "JUST ONE THING" AND HAVE TIME TO DO MORE

GENERAL TIPS FOR 72 HOUR KITS

- Make sure to personalize your kit to fit your needs, tastes, and dietary restrictions
- Make sure you and your family will eat the foods you pack. It does you no good if you won't eat it.
- Note the expiration dates of the food you put in the kits & write down when you need to replace it.
- Put food items in their own ziplock bags. You might be surprised at which foods leak through their packaging, so use ziplock bags to avoid the mess. (Ask me how I know.)
- Consider making a larger "meal bag" full of the various meal components so it's easy to grab your meal.
- Include napkins and Wet Wipes in your meal bags.
- Don't stress out that these aren't the healthiest meals. It's more important to get the calories you need at a stressful time than to worry about how much sugar and sodium you're eating for a few days.
- Avoid packing chocolate and other food that can melt if it gets hot.
- Avoid packing foods that you need to cook. Keep it simple during a stressful situation.
- Don't forget to have water in your kit too! (See June's *Just One Thing* for more details on water.)

DON'T FORGET YOUR PET

Besides all the human members of your household, you also need to make preparations for your pets too. Many shelters won't accept animals that aren't service animals, so you may want to do some advance research to figure out how to house your pet if you have to evacuate.

Here are some key items to consider for your pet emergency plan & evacuation kit:

- Have a leash, cage, carrier, or other transport ready.
- Have an emergency supply of food, water, medication, and dishes to take with you too. (At least 3 days worth)
- Have a recent photo of your pet
- Keep copies of your pet's medical record & vet contact info in your emergency binder
- Microchip your pet, if applicable, & have accurate ID tags on your pets.



Here are some links with additional information:

General Pet Preparedness info:

<https://www.asPCA.org/pet-care/general-pet-care/disaster-preparedness>

Dog & Cat Disaster Kit Checklists:

<https://www.cdc.gov/healthypets/resources/disaster-prep-pet-emergency-checklist.pdf>



HOW GOES YOUR "GO BINDER"?

So far we have gathered personal, insurance, and financial information. This month we will focus on *property information*. Remember to try to scan these items and save them electronically in addition to having a paper copy in your binder. Keys could get bulky, so get a zippered school supply pouch for your binder.

- Loan information/mortgage records
- Titles & Deeds
- Lease agreements
- Automobile/vehicle information (registration, title, bill of sale, license plate # and VIN#)
- Will and trust info (Ask your legal advisor which key parts you should copy.)
- Home inventory list/pictures/video (This will help to show insurance what needs to be replaced.)
Have copies of receipts to show price & date of purchase, model number, and serial numbers for big ticket items.
- Copies of Keys (home, cars, safes, business, RV, mailbox, safety deposit box, storage unit, etc.)
- Deed to cemetery lot



Here are some links to free forms you can use to help gather this info:

<https://www.foodstoragemoms.com/important-documents-emergency-binder/>

https://savorandsavvy.com/family-emergency-binder/#Get_the_FREE_Family_Emergency_Binder

Editor's Note: The "I" in this newsletter is Laurel Evans, the Stake Emergency Preparedness Specialist. Please note that I am not an expert in all things emergency preparedness, but I'll share my knowledge and experience with you. I hope you will find my humble efforts helpful on your journey to being better prepared.

If you have any questions, comments, suggestions, or corrections, please email me at OrangeStakePreparedness@gmail.com. Happy Preparing! *You can do this!*