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Learn how to put together an emergency supplies kit on a budget.

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## Create an Emergency Supplies Kit on a Budget

The thought of having extra food put away for a disaster can be scary especially if you don't have enough food for today.

We all know we should have things like food, water, tools, and first aid supplies. But the trick is how we put them together on a budget. Here are a few tips to make it a little easier to help you prepare you and your family for an emergency:

### Food:

You don't have to have 6 months of extra food put aside, just enough for at least 14 days.

- If you are getting food from a food pantry, put away a can a week of vegetables or beans.
- If you are a WIC recipient, put away one of the jars of peanut butter every month.
- Canned meats like tuna and chicken are great for emergencies and can usually be found on sale.
- When you are shopping at the grocery store, prepare in advance and look for sales like 10 packages of ramen noodles for \$10.
- Dollar stores are great places for inexpensive canned food and juices.
- Use coupons, many of the stores will double coupons so when there is a sale, plus using a double coupon you can get great deals.
- Street fairs typically have snacks or samples that can be stored.
- Get together with a few other families and go to a bulk store and buy canned goods or other items for less in bulk and share the cost.

*"USE ITEMS YOU ALREADY HAVE AT HOME"*

*Disaster can strike anyone at any time. It could be you tonight ~ will you be ready?*



SERVING THE CITIES OF  
EL CAJON, LA MESA, AND LEMON GROVE

*Preparedness is the key to recovery.*



### Learn how to develop an emergency plan

Now that you started your kit you need to work on your plan, the good news is that planning is mostly free:

Here are a few easy steps that you can take to start down the road to readiness:

- **Know where to go** – Map out your home and determine at least 2 ways to get out and have meeting places to do a head count. Practice this plan twice a year and whenever you accidentally set off the smoke alarm.
- **Know how to reach each other** – Make sure that everyone knows who to contact after an emergency. Remember that texting is a better option than calling.
- **Sign up for emergency alerts and follow us on social media** – Visit <http://readysandiego.org/alertsandiego/> to sign up and receive important emergency alerts.
- **Have what you need ready to go** – Conduct a treasure hunt in your home to see what supplies you already have on-hand.

## Emergency Kit on a budget (cont.)

### Water:

Water is essential to life but buying water can get expensive. Here are some tips on sources of water:

- Hot water heater – learn how to turn off your hot water heater and extract the water when needed.
- Back of the toilet tank – it is clean water and is a great source of water for pets in an emergency (just don't use the bleach sanitizers).
- Recycle soda or milk containers and fill them with water. Date them and store them for a few months.
- Street fairs typically have a booth that is giving away water bottles to promote their business, especially the water companies. Ask for a few extras.

### Other miscellaneous items:

The first step should be a scavenger hunt through your home to see what you already have; you will be amazed at what you already own and how creative you can be. Look in drawers and garages to fill your kit.

- Travel size items like shampoos, lotion, etc are great for emergencies.
- Napkins and plastic forks/spoons that come with take-out food.
- Toothbrushes from the dentist office.
- Rummage sales and thrift stores are also great places to find items at reasonable prices.
- Sleeping bag or blankets.



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*For more information on how to prepare visit:*

*[www.heartlandfire.org](http://www.heartlandfire.org)*

*Emergencies, big or small, happen to everyone. You may not have a choice as to whether or not you are affected – but you can choose to do something to prepare so that your recovery is more manageable.*