



Are You Ready?

ALWAYS be prepared for a possible emergency situation.

Have a two-week supply of food, water, and medication for each member of your family—including your pets!



**2-week food/water supply for you and a pet
Total Cost: \$200.18**

If you can't get it all at once, buy a few extra supplies each week until you're stocked up!

Sample Shopping List (for one person)

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|-----------------------------------|-------------------------|--------------------------------|
| Cereal (2 boxes) | Canned meat (x 7) | Noodles (1 package) |
| Boxed/powdered milk (2.5 gallons) | Canned pasta (x 3) | Saltines (2 boxes) |
| 21 gallons of water | 2 gallons juice | Graham crackers (1 box) |
| 1 box hot tea | Mayo (x1) | Apple sauce (2 packages) |
| 1 cup sugar | Relish (x 1) | Granola/protein bars (2 boxes) |
| Canned fruit (x 14) | Mustard (x 1) | Beef Jerky (2 bags) |
| Ramen (x 7) | Rice (7 boxes) | Dried fruit and nuts (2 bags) |
| Soup (x 7) | Beans (x 4) | Raisins (1 container) |
| Peanut butter (x 1) | Tortillas (1 package) | Multivitamins |
| Jelly (x 1) | Salsa (1 jar) | Prescription Medication |
| Bread (x 2 loaves) | Refried beans (x 4) | Pet Supplies |
| Canned vegetables (x 14) | Spaghetti sauce (1 jar) | |

**For More Information:
www.emergency.cdc.gov
www.pandemicflu.gov**



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