

How am I doing?

Project Noah Preparedness Goals for 2016

January-

_____ Begin working on water storage. Gather appropriate containers and fill with water. Work towards a goal of 14 gallons per person.

_____ Begin work on 3 month supply of food. Make menus for dinner meals. Make grocery list from menus and shop for as much food as you can. Begin with enough food for 1 month.

_____ Non Food Storage Item – Toothpaste Toothbrushes and Floss

Determine how many of these items your family would need for a 3 month supply.

Purchase as much as you can this month. Stock up when sales occur and build a year's supply.

February-

_____ Purify the water that you stored last month. Continue to store the minimum amount

suggested for each member of your family. Remember that certain personal circumstances

might require additional water.

_____ Non Food Storage Item – Toilet Paper

Determine how much toilet paper your family needs for a 3 month supply.

Purchase as much as you can this month.

_____ Continue working on your 3 month supply. Plan breakfast menus. Make grocery list from

menus and shop for as much food as you can. Begin with enough food for 1 month.

Continue

to shop for food for dinner menus.

_____ Long Term Storage Item – Oatmeal

Inventory how much oatmeal you have. Experiment with some new ways to use this item. Buy

some oatmeal and use it this month.

March-

_____ Pre Disaster Evacuation Plan

Learn how to shut off all utilities – gas, water, electricity in case of emergency

_____ Begin putting together your 72 Hour Emergency Kit (Emergency Flight Kit)

Items to put into kit this month:

_____ family tent or tube tent

_____ rain poncho

_____ mylar blanket

_____ hand and feet warmers

_____ flashlights

_____ food supply for three days for each kit

_____Continue working on your 3 month supply. Plan lunch menus. Make grocery list from menus.

Shop for as much food as you can. Begin with enough food for 1 month. Continue to shop for

food for dinner and breakfast menus until you have a 3 month supply of each.

_____Long Term Storage Item – Powdered Milk

Learn how to use powdered milk in everyday cooking. Purchase some milk and begin to experiment. If you have milk in storage – get it out and start using it.