

# Family Preparedness Planning

Planning Date: \_\_\_\_\_

**Level 1: Nominal Family Preparedness** – You have a minimum amount of water, food and emergency supplies on hand. You can fend off starvation for a few days in a minor disruption without electric or water. It would be unpleasant but not life threatening.

## Key Questions to help you plan for this level of preparedness

1. **Who** am I responsible to care for during the crisis?
  - a. Family members, neighbors, church family?
  - b. Does anyone have special needs? (Example: elderly, small children, infants, pregnant women, physical challenges, blindness, deafness, pets and livestock, etc.)

List the people/animals you will care for:

Name	Special Physical Concerns	Special Diet Concerns

2. **How many** people do I envision caring for during the crisis? Based on the answers above, calculate your total and then factor in at least one more person.

# of adults	# of teens	# of children

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## Six Key Questions to help you plan

1. **Who** am I responsible to care for during the crisis?
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2. **How many** people do I envision caring for during the crisis? Based on the answers above, calculate your total and then factor in at least one more person.

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3. **How long** do I expect to need provisions? 1-3 weeks, 3 months, 6 months, 1 year or more?

\_\_\_\_\_

4. What **standard of living** do I expect to maintain during this time period? Examples: 3 hot meals a day, daily hot shower, air conditioning? The higher standard of living the more resources you will need to available.

\_\_\_\_\_

\_\_\_\_\_

5. **How much** (quantity) do I need to store up based on my answers above?

**Water** – Goal: 3 gallons of water/person/ day Don't forget to include pets and livestock in your planning!

Multiply the number of people X 3 (gallons) X the number of days needed

**Food** - Don't forget to include pet and livestock feed in your planning! One easy way to plan:

- a) Take the 21 most used recipes in your family. This will provide you with a recipe rotation of three weeks.
- b) Make a list of all ingredients including the quantity for each ingredient.
- c) For any ingredients which are the same in the recipes (for example, salt), total the amounts to obtain the list of what you will need to obtain to be prepared.
- d) Multiply the quantity by multiplier listed in the table below that corresponds to the month supply for which you are planning to prepare.

<b>3 month supply</b> (12 weeks): multiplier is 4
<b>6 month supply</b> (24 weeks): multiplier is 8
<b>12 month supply</b> (52 weeks): multiplier is 18 (this was rounded up from 17.33)

- e) **NOTE:** If there are recipes that you make more frequently than once every three weeks (like bread, for example), you will want to separate those recipes from the main list; multiply them by the number of weeks to ensure that you have the appropriate amount of ingredients on hand.

**Example:** If you make bread twice a week and you are preparing to have a six month supply of ingredients on hand, you will want to do the following calculation:

- List the amount of ingredients in recipe and double it (since you make this twice a week)
- Multiply these amounts by 24 weeks to obtain the amount needed for a 6 month supply.

6. What **skill sets** do I need to learn, sharpen or acquire through relationships? There are skills sets for each of the areas of preparedness. Examples for Food might include: gardening, hunting, fishing

List skills sets under each area below (suggestion: use different color ink for learn, sharpen, and acquire):

Water	Food	Shelter/Warmth	Light/Power	Medical/First Aid/Sanitation

Communication	Transportation	Security/Safety	Financial Security	Like Minded People