

Valley View 7th Ward Preparedness Project – as of 4 /01/09

This is a schedule of assignments and events we will be participating in as a Ward Family over the next few months. Each falls into one of the four categories listed below. **Remember, it is not how much you are doing, but that you are doing something.** This is just a plan to follow if you need an idea of how to begin. APRIL WILL BE A MONTH TO CATCH UP ON THE PREVIOUS ASSIGNMENTS. THERE ARE A FEW NEW ONES.

Attention All Adults in the Valley View Stake!! Please put Sunday, May 17, 7-9 p.m. on your calendars for a **Valley View Stake Adult Fireside** at the stake center. TIM WOOLF, a well known specialist in topics regarding emergency preparedness and survival will be speaking. Tim has served on the Sheriff's Department of Search and Rescue, and has commanded a unit in the "Incident Command System", performing 5-10 rescues per month. He is trained in the management of numerous disasters and held the position of ICS Commander for the State of Utah for 5 years in the area of earthquakes. He was sent to the scenes of real disasters in this country and abroad. He is trained in what works and what does not. We are very lucky to have the opportunity to hear him speak. **BE THERE OR BE UNAWARE!!**

1. **72-Hour Emergency Kits**

- December 2008 – evaluate the status of your 72 hour preparedness by using the “72-Hour Kit Contents” provided in your family’s Preparedness folder.
- January – Complete ID cards for each member of your family.
- February – Gather clothing for each member of your family using the “72-Hour Kit Contents” list in your Family Preparedness Folder.
- February – Sign up for the 72 hour kit food packets. Their cost will be \$20.00. We will purchase the items at bulk prices for you. You will assemble them yourselves at the Preparedness Fair in May. Sign-up sheets will circulate in each of the auxiliaries each week from now to the end of February. Money will be due on March 15, 2009. Make checks payable to Valley View 7th Ward.
- March and April - Take an inventory of your first-aid supplies and begin to assemble a kit with things you have on hand. Determine what things you may need to purchase and make a plan to do so at a reasonable pace. Refer to your "720Hour Emergency Kit Contents" document in your packet.

2. **3 Month Supply of Food** - Familiar foods you normally eat and rotate, preferably non-perishable foods you can keep in your pantry (example, ingredients for spaghetti, casseroles, peanut butter, tuna, canned or dried meats, vegetables, fruits, cereals, juices, etc.) Best if you can "Heat and Eat" these foods so that in an emergency situation you are not trying to put too much time into food preparation.

- January – Complete the “Meal Planning Sheets” provided in your Family Preparedness Folder.
- February – Determine a purchase plan and begin to implement it.
- March and April - Continue to purchase your 3 month supply at a reasonable pace. Refer to your "Meal Planning Worksheets" in your packet.

3. **Longer Term Storage of “The Big 8”** - (Water, Wheat, Sugar, Milk, Legumes, Oil, Water, Vitamins)

- January – Inventory your supply of basic items using “The Big 8 Long Term Storage” form provided in your Family Preparedness Folder.
- April - **FILL ANY WATER CONTAINERS YOU HAVE IN YOUR HOME. Do not use used containers unless they were filled with water originally. The exception is plastic soda pop containers. All others have absorbed the original liquid into the plastic and that will subsequently leach out when you fill it with new water.** The new advise is that you do not use chlorine bleach liquid for purification. The liquid bleach contains other whiteners, brighteners, etc. which are not good for you to drink. If the container is clean and new, no chemical is necessary. If used, use chlorine crystals. Call Kristi at 272-5849 before purchasing and using these crystals.

4. **Long Term Independent Survival** - Cooking, heat, shelter, light, fuel, etc.

- January – Inventory your supply of “Long Term Independent Survival” items using the list provided in your Family Preparedness Folder. Make a plan for obtaining those items you determine are necessary for your family and begin to implement that plan at a reasonable pace for your circumstances.
- April - Assess your supply of lighting and cooking alternatives. More information will be given about this at the May 17th Stake Fireside.

