



HEARTLAND FIRE & RESCUE

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

THE MISSION OF HEARTLAND FIRE & RESCUE IS TO PROVIDE SAFE COMMUNITIES,
THROUGH EXCEPTIONAL, PROFESSIONAL SERVICE.



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 3 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?*



Preparedness is the key to recovery.



Learn how to develop an emergency plan

EMERGENCY PLAN:

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

- Find two ways to get out of your home.
- Pick a meeting place for each exit.
- Decide how you are going to communicate in an emergency, include an out of area contact.
- Make sure everyone has a copy of a contact list.
- Make copies or scan all of your important documents and photos.
- Have name and number of prescription medications and doctors.
- Learn how to turn off your utilities.
- Take a free CPR training from the Red Cross at their annual CPR Saturday event.
- Make sure your plan includes your pets too.

EMERGENCY KIT ON A BUDGET (CONT.)

Water:

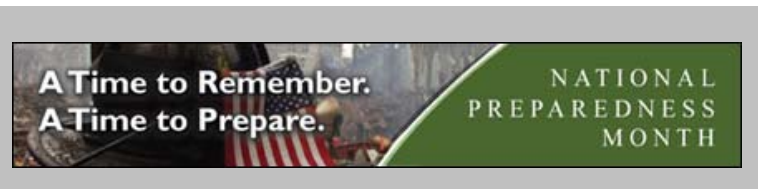
Water is essential to life but buying water can get expensive. Here are some tips on sources of water:

- 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.
- 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.
- Free glow sticks handed out at fairs.



September is National Preparedness Month. We encourage you to take this time to remember those who sacrificed their lives on September 11th and in their honor, take this time to prepare.

For more information on how to prepare visit:

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.