



Christ the Cornerstone Lutheran Church, Preschool and Academy

## **EMERGENCY PREPAREDNESS KIT**

Natural hazards, disasters, and emergencies can happen at any time. As we plan for possible scenarios, we'd like your help with creating an **Emergency Preparedness Kit** for your child. These kits would be the first line of resources to be used in any scenario when students are sheltered at the school longer than the school day. The items in the Emergency Preparedness Kit will provide them with foods that are familiar and palatable to them and items that would help them stay calm.

***We ask that you bring an Emergency Preparedness Kit on your child's first day of school with their school supplies.***

Emergency Preparedness Kit items should be sent in a one-gallon, Ziplock bag and clearly marked with your child's name. We are asking for a 2-day supply of food in one bag.

Please put the following items in a one-gallon Ziplock bag:

- 2 cans of fruit with flip top or 2 small cans of juice (or one of each)
- 2 small containers of meat or protein (examples: Beef Jerky or Tuna Fish packets)
- 2 packages of special "comfort food", such as cookies, granola bars, fruit roll-ups, dried fruits/raisins, fruit snacks, cheese crackers, Goldfish, Starbursts, Skittles, etc.
- 2 small bottles of water
- 2 washcloths
- 1 family picture
- 2 plastic spoons
- 1 book, deck of cards, small notepad with pencils/crayons, etc.

These are suggested items. **Please tailor your child's Emergency Preparedness Kit to their likes/dislikes and any specific needs.** See OSHA website for more information at <https://www.osha.gov/SLTC/emergencypreparedness/>

Items will remain in storage for the school year. Please check expiration dates. No chocolate or other foods that may melt.

### **Tips for Family Emergency Plans**

- ✓ Parents can sit down with their children and discuss the possibility that they could be separated in the event of a disaster or emergency.
- ✓ Parents and children should decide on an out-of-area contact they can call in an emergency. An out-of-area contact is important because our region may be so impacted in a disaster that we can't communicate locally, but could get in touch with relatives or friends out-of-state.
- ✓ Families should write up their plan, including an agreed-upon meeting place near the home, should an emergency happen after school or while the family is in the home or neighborhood. Include all relevant phone numbers: work, school, cell phones, after-school care providers, etc.
- ✓ Once families have a plan in place: practice, practice, practice! Send your child to school with the confidence that they're prepared for disaster!

*Thank you for your cooperation.*