

FREE CHECKLIST

Family Preparedness Checklist

A simple, no-panic checklist to get your household ready — food, water, power and a plan. Print it, work through it at your own pace, and check items off as you go.

1. Food (your foundation)

- Aim for ~2,000 calories per person, per day
- Start with a balanced base: a fruit, a vegetable, a protein, a bulk staple
- Build to 2 weeks, then 1 month, then 3 months
- Choose long-shelf-life food (freeze-dried cans last 25+ years)
- Keep a manual can opener and basic cooking method
- Store a little extra of what your family actually eats

2. Water

- Store 1 gallon per person, per day (3-day minimum, 2 weeks ideal)
- Have a backup purification method (filter or tablets)
- Know how to shut off and drain your home water lines

3. Power & light

- Flashlights and extra batteries in every room
- A power bank or backup battery for phones
- Candles/lantern and matches stored safely

4. Health & safety

- A stocked first-aid kit
- 2-week supply of any prescription medications
- Copies of IDs and key documents in a waterproof folder

5. Your plan

- One out-of-area contact everyone can call

- A meeting point if you are separated
- Review and refresh supplies twice a year

Need help sizing your supply? Call Advisor Agent Aria any time at (832) 479-4428, or use the planner at thrivefreeze.com/preparedness.