

Budget & Storage Tips

Storage – Get creative with storage options under furniture, and under car seats. Ask local stores if they have extra cardboard boxes.

Safety – Do NOT store heavy items in locations that can fall on people during an earthquake.

Talk with Family – Family and friends may have items they do not use.

1 item – Buy one item per week when you are grocery shopping. Even \$20 a month can go a long way.

Tasty foods – include non-perishable items you regularly eat

Rotate – Rotate non-perishable items into regular meals every 6 months.

Monitor Sales – Make use of coupons and sales; in-store, online, email.

Enough water – Dry foods require extra water. Be sure to include water for pets.

Gifts – Request preparedness items as gifts instead of something you don't need or want. Give preparedness gifts too.

Risk-Appropriate Insurance – Review your policy annually and make needed changes. Most people are under-insured for hazards in our area, such as earthquakes. Renters need insurance too.

About MPC Ready

The MPC Ready organization's mission is to work collaboratively to help build disaster prepared, and climate-change ready, neighborhoods through advocacy, education and training, resources, organization and support.

In a disaster, studies show that our most immediate source of help will be the neighbors living closest to us. Emergency response personnel will be overwhelmed and there won't be nearly enough to go around.

Neighborhood-level disaster preparedness efforts, such as those from MPC Ready, help to meet *major gaps* in community-wide disaster preparedness. These efforts will increase our community's resiliency and hasten recovery following a disaster.

For More Information

Visit www.mpcready.org. Call 650-380-3028 or email info@mpcready.org.

Daniel P. Aldrich. *Building Resilience: Social Capital in Post-Disaster Recovery*.

Kathleen Tierney. *Disasters: A Sociological Approach*.

Amanda Ripley. *The Unthinkable: Who Survives When Disaster Strikes – and Why*. 2008.

Oregon Office of Emergency Management:
Two Weeks Ready & Central United States
Earthquake Consortium: Two Weeks Ready

Preparedness with Limited Budget or space



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Preparing can fit into most budgets

Introduction

Preparing for disasters can be done over time. The traditional advice to have three days' worth of supplies is a good start. However, a large earthquake may leave much of our region's transportation routes severely impacted. Delivery of assistance and supplies may be difficult or impossible initially. People will have to count on each to be safe until outside help can arrive. Experts now advise use to strive to be self-sufficient for two weeks.

Cost-cutting ideas for Household kits

Start building your household emergency kit with essentials like water and food, then add more items over time.

Grocery stores and other retailers often have weekly and daily specials on a variety of emergency supplies. Keep an eye on their flyers and in-store promotions for things like flats of water, canned and other non-perishable foods, pet food, personal hygiene products and more.

Buying food in bulk can also help save money and effort. Neighbors preparing together can combine lists to help each other gather items at a lower cost.



First Aid Kit: Try building your own with extra supplies on hand.

Seasonal clothing: Dig into your closets and drawers and pull out those rarely used pieces you can add. Thrift stores can be another useful resource for clothing for emergency purposes.

Dollar stores: For many items, visit your local dollar store to stock up. This can include foil blankets, rain ponchos, dust masks, tarps, zap straps, rope, utility tools, whistles, can openers, wiped, garbage bags and work gloves.

Batteries: You can reduce the need for batteries by buying hand-crank flashlights and radios. However, if you need batteries, we suggest that you do not scrimp on quality. Batteries with a longer shelf life will save money over time. Keep an eye out for sales, promotions and coupons.

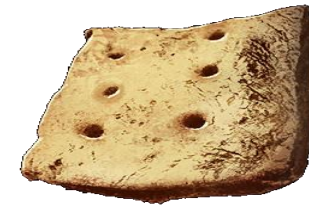
Grab and Go Bag

Once you've completed your household emergency kit, start building your grab and go bags. These are smaller versions of your emergency kit that you can easily assess at home, work or in your car if you need to leave immediately. You can use the same budget friendly advice for all these items.

If you don't already have an extra bag or old backpack to use, visit your local thrift or discount store, or garage sale where you can find cost-effective options.

Inexpensive Food and Cooking

Pasta, oatmeal, rice, peanut butter and canned beans and pasta sauce are economical staples. For emergency cooking, you can buy inexpensive cooking devices. A non-electric fondue pot can also heat items, including via tea candles.



Hardtack is an inexpensive to make survival food item. Properly stored, Hardtack can last for years. Making Hardtack together would be a fun family project.