Augason Farms™ Emergency Preparedness Tips

Blue Chip Group, Inc. – Augason Farms™

Blue Chip Group is here to help you. We offer many bulk foods that are designed for everyday use and for storage. However, we want to help our customers prepare in every way possible, so we offer this free report as our way to help you consider and prepare for the many possibilities. We hope you fine it very helpful to put together your action plan.

Blue Chip Group make no claims for ideas and thoughts in this booklet, they are only suggestions for your review. Each family and person should consider actions to personally benefit themselves in any instance of emeregency.

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Information in this booklet includes:

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Reasons to Store Food & Water in your home!

The only thing we know about the future is that we do not know what it will bring!

Storing food for your family is one of the most prudent actions you will ever take to protect your loved ones! No one in today's world knows what can or will affect commerce and food distribution in our society. Unfortunately, most will say it is not a matter of "if" something will happen, but "when" it will happen. You need to be ready to eliminate the problem of what you will do.

Each and every week, more of the nation and its people are focusing on the storing of quantities of emergency food and water in their homes.

#1 – Potential Disruptions in the food supply to the local area that will be caused by any number of factors!

- Job loss/Unemployment
- Economic Downturn
- Quarantines/Pandemics
- Erratic Weather Patterns – Droughts, Hurricanes, Floods, Tornados
- Earthquakes
- Contamination of Food Supplies
- Transportation Disruptions
- National Security Problems/Terrorists Attacks
- Less Dependency on Grocery Stores

Large numbers of Americans all over the country are looking at the idea of becoming more Self-Reliant, Independent, and Vigilant towards their future; just the way our forefathers did many years ago when this country was founded. Our world is changing every day and it is important for our survival to be ready. Ready for what? Who knows?

Food will be the most important asset to have!

Whether or not you agree with this idea, it cannot be denied what is happening in the world and our society today.

- 12-15% of American's today are concerned about their daily food supply.
- Inflation in the world is making its way to the US affecting the value of our currency.
- A National ID card being discussed, will you need this to buy food?
- Community concerns
- Reactions to Global Warming, whether real or not will control food and crops.
- Government legislation to prevent local gardening has been proposed.
- A large amount of our population has no place to plant a garden in metro areas.
- The strained Middle East relationships could lead to reduced fuel supplies in the US.
- More and more imported foods coming to the US with little control on insecticides, fertilizers, bacterial and chemical contamination.
- Job losses continue.
- Weather and Natural disasters will continue. These slow down commerce.

Just to mention a few! There are many more reasons.

Alarmist – NO! Smart – YES!

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The Boy Scouts have it right . . . . Be Prepared!

For what? Anything. Severe weather, natural disasters, power outages, terrorism, civil unrest, or any other problems that could happen. It is better to be prepared and not need it than to not prepare and wish you had.

Do not be complacent, and do not procrastinate. Trouble is all around us. Somewhere in the world people are suffering from emergencies of all kinds. There is hardly a month that goes by without some sort of emergency situation in the news.

What would you do if suddenly there is no power, no water, no communications, no heat, and no help from government agencies? Are you ready to spend 72 hours or more relying on your own resources while you wait for government agencies to restore services, or for the evacuation shelters to open? What will you eat if you cannot cook on your stove? What will you eat if you have to leave your house but there are no emergency shelters available?

In a major disaster or emergency it is likely that medical help could be delayed for many hours or even days. Do you know how to care for injuries when medical help is not available? Do you have the necessary first aid supplies and medications for those who may need them?

There are many questions to ask, and to be prepared you need to have answers for each.

Emergency preparedness can be overwhelming, and a bit frightening. It can also be expensive, and that can cause people to put it off. The goal of this special report is to make it easy to learn, easy to understand, and easy to carry out. Plus, it can be done with little or no impact on your present financial budget.

In other words, you can do it without having to get a second mortgage or another job!

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Emergency Preparedness Goals

We do not need to convince you of the need for emergency preparedness. Obviously you requested this report because you already agree there is a need, and what you are looking for is help that is easy to follow and solutions you can implement. Most people already have a certain amount of preparedness based on their personal knowledge, skills, and supplies already in their home. We will help you to identify what you already have, and then establish a list of the goals you would like to accomplish in a priority order.

Many people do not realize how important a first aid kit is, and knowing how to use it. What if an emergency causes a delay by emergency crews by many hours or even days, and you are confronted with an injury? Basic first aid and CPR training may be the most important aspect to your emergency preparation.

The most important thing to store is usually the one thing most people either forget or put off water. The next most important item is a Emergency Preparedness kit for each person and each pet in your family. Many people have what they need for this already, but have not assembled it into a kit that could be taken at a moments notice.

Once these goals are accomplished you can begin working on other emergency preparedness goals, and long-term food storage. Take it one step at a time. Determine what you have and what you need to meet these goals, and set your priorities so you can accomplish each goal. Each time you make a purchase ask yourself, Do I need this, or do I just want it? Take care of the needs and let the wants wait and you will find there are funds available right now that you can use to accomplish your emergency preparedness goals.

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Emergency Preparedness at Work or School

Disasters and emergencies may occur during the day when people are away from home at work and school. It is important that you and your family members include this situation when making plans for emergency preparedness.

Schools and places of employment should have an emergency and disaster plan in place, but if yours does not you may want to make that suggestion. You local community Emergency Management Office may be a good resource to turn to for assistance.

The greatest source of stress during an emergency is the inability to communicate with family members, or to find out where they are. This problem can be solved if you have a predetermined communications plan that all family members know by heart. For example, the first plan may be to call the home phone and let whoever is at home know your whereabouts and condition. If there is no one to answer it may be possible for each person to leave a message on voice mail. All family members should be instructed to call and listen to voice mail messages without deleting any. If that is not possible you could consider having each person make a call to a relative or friend who lives far from you, presumably outside your area away from whatever disaster has occurred. Think of all the possibilities and then establish an emergency communications plan that everyone knows.

Talk to your employer about emergency preparedness, and offer to help establish a plan of action. Many companies store emergency foods and supplies to enable employees to function for many days if needed in a disaster. Blue Chip Group has a selection of storage foods that would work well in a work environment.

Large companies are more likely to have an emergency preparedness plan in place, but it is estimated that 80 percent of all adults work for a small company with 100 or fewer employees. Many small companies have not made plans for emergencies and disasters. Your suggestion many be of great help.

Children and adults have difficulty remembering numbers in a stressful situation, so it is a good idea to make cards for each family member with the family emergency plan of action and phone numbers. All the children who are old enough to read could have their own wallet where they could keep their emergency card

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Emergency Plan

Read the questions below to see if you are prepared with a plan of action if emergency strikes today.

1. If an emergency prevents you from leaving your house, and you do not have running water, electricity, or heat do you have what you need to survive?

2. If an emergency requires that you leave your house, but there are no shelters, no hotels, no gas stations, and no restaurants available, are you ready to grab an emergency preparedness kit with everything you need and go?

Some Specific Questions You NEED to Answer:

1. Do you have actual emergency preparedness kits ready to go at a moment's notice for each member of the family, including the pets?

2. Do you have a specific, written emergency evacuation plan known by all family members?

3. Do you have a safe source of light in the event of a power failure?

4. How will you communicate and get news if phone lines are not working?

5. Do you enough water stored for each person and pet in your family for at least 72 hours?

6. What will you use for shelter if you have to leave your home?

7. Do you have a first aid kit and have you been trained in first aid and CPR?

8. What will you do if you cannot flush your toilet?

9. How will you cook food if your stove does not work?

10. How will you wash if you have no running water?

11. What will you do if emergency shelters are not available for more than 72 hours after a disaster strikes?

12. What will you do if all businesses are closed and all roads are closed to civilian traffic?

13. How will your answers to the above be affected if it is winter or if there is severe weather?

After writing down your answer to each of the above questions, make a separate list detailing your plans to obtain the knowledge or supplies you do not presently have so that you can answer these questions better in the future.

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Family Emergency Plan

A family communications planning night can be a lot of fun for kids and adults and it should be something you schedule three or four times a year to make sure everyone knows what to do.

Your first plan should be to have a designated place to meet if you have to evacuate your home because of fire, earthquake, or other emergency. This could be a certain location outside your home, or perhaps a neighbor's house. Whatever you and your family decide make sure that it is a safe location.

Next, you should have a plan for communication if some or all of your family are not at home when disaster strikes. For example, the first plan may be to call the home phone and let whoever is at home know your whereabouts and condition. If there is no one to answer it may be possible for each person to leave a message on voice mail. All family members should be instructed to call and listen to voice mail messages without deleting any. If that is not possible you could consider having each person make a call to a relative or friend who lives far from you, presumably outside your area and away from whatever disaster has occurred. Think of all the possibilities and then establish an emergency communications plan that everyone knows.

Memorize the plan, but also put the emergency communications plan and numbers on a card for everyone to keep in their wallet. You may also want to have a redundant factor built into your plan. In other words, have two emergency phone numbers to call instead of one.

In addition, you may want to establish a family code word for emergencies only. This word would be used if you have to have someone pick up a child from school because you cannot go. If you tell that person to give the code word to your child it will help the child know that the person is someone they can trust. There are many other possibilities in which an emergency code word may prove to be helpful when you cannot communicate directly with each other and need to use another person to relay messages.

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Planning Ahead

A crisis or emergency is a high stress time for everyone. It is especially important to have high energy foods available during these times. If you plan ahead, you can have meals that are not only high in energy, but also nutritious.

We recommend that you store the foods you and your family normally eat, and eat what you store. When you encounter an emergency situation you will not have to eat foods you are unfamiliar with if you have planned in advance by storing foods you already know that you enjoy.

Besides the nutritional benefit you gain from the food, there is also a positive psychological benefit of doing things the way you did before a disaster. Eating three meals a day of food you and your family actually like will help make the stressful time seem easier to handle.

Do not count on government help in a disaster. The only way to guarantee that you will have food is if you have your own supply. Government agencies state that the goal is to provide shelters within 72 hours of a disaster, but that has not been the case recently. Often the shelters are not available for an extended time and food may be delayed even longer. Whenever possible, stick to simple tastes that you are used to for your storage.

Consider these possibilities:
Instant Soups, Meals and Morning Moo's Low Fat Milk Alternative.
Instant soups, meals, and powdered milk are a great way to have foods on hand that you also use in your regular diet. They are lightweight and easy to pack if you need to leave home. Morning Moo's Milk Alternative is a good way to make sure you get the calcium you need.

Snack Foods
Snack foods are an essential part of your diet and help reduce stress. If you eat snacks during normal times, you will want snacks during emergencies too. Plus, snacks are a good way to help relieve the stress of emergency situations.

For Babies or Toddlers
If you have a nursing baby, you should pack formula in case you aren't able to nurse because of shock or stress. Include both powdered formula and liquid formula in case water is not available to mix the powdered formula. Include baby food for an older baby or toddler. Instant cereal, fruits, and vegetables are a good choice. Remember to store extra water to reconstitute these items.

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Emergency Food Storage

The old idea of having a 72-hour kit to sustain you long enough for the government to set up shelters is no longer considered to be good advice. Recent disasters have proven that the only way to be prepared is to rely on your own resources and 72 hours is not enough.

The Federal Emergency Management Agency in cooperation with American Red Cross and U.S. Department of Agriculture state that if an earthquake, hurricane, winter storm or other disaster strikes your community, you might not have access to food, water and electricity for days, or even weeks. By taking some time now to store emergency food and water supplies, you can provide for your entire family.

Having an ample supply of clean water is a top priority in an emergency. A average person needs to drink at least two quarts of water each day. Hot environments can double that amount. Children, nursing mothers and ill people will need even more. You will also need water for food preparation and hygiene. Store a total of at least one gallon per person, per day. You should store at least a two-week supply of water for each member of your family, according to FEMA.

If supplies run low, never ration water. Drink the amount you need today, and try to find more for tomorrow. You can minimize the amount of water your body needs by reducing activity and staying cool.

When Food Supplies Are Low

If activity is reduced, healthy people can survive on half their usual food intake for an extended period and without any food for many days. Food, unlike water, may be rationed safely, except for children and pregnant women.

If your water supply is limited, try to avoid foods that are high in fat and protein and don't stock salty foods, since they will make you thirsty. Try to eat salt-free crackers, whole grain cereals and canned foods with high liquid content.

You don't need to go out and buy unfamiliar foods to prepare an emergency food supply. You can use the canned foods, dry mixes and other staples on your cupboard shelves. In fact, familiar foods are important. They can lift morale and give a feeling of security in time of stress. Also, canned foods won't require cooking, water or special preparation. Following are recommended short-term food storage plans.

Special Considerations

As you stock food, take into account your family's unique needs and tastes. Try to include foods that they will enjoy and that are also high in calories and nutrition. Foods that require no refrigeration, preparation or cooking are best.

Individuals with special diets and allergies will need particular attention, as will babies, toddlers and elderly people. Nursing mothers may need liquid formula, in case they are unable to nurse. Canned dietetic foods, juices and soups may be helpful for ill or elderly people.

Make sure you have a manual can opener and disposable utensils. And don't forget nonperishable foods for your pets.

Food Storage Tips

Keep food in a dry, cool spot - a dark area if possible.
Keep food covered at all times.

Open food boxes or cans care-fully so that you can close them tightly after each use.
Wrap cookies and crackers in plastic bags, and keep them in tight containers.
Empty opened packages of sugar, dried fruits and nuts into screw-top jars or air-tight cans to protect them from pests.
Inspect all food for signs of spoilage before use.
Use foods before they go bad, and replace them with fresh supplies, dated with ink or marker. Place new items at the back of the storage area and older ones in front.

Nutrition Tips
During and right after a disaster, it will be vital that you maintain your strength so remember:
Eat at least one well-balanced meal each day.
Drink enough liquid to enable your body to function properly (two quarts a day).
Take in enough calories to enable you to do any necessary work.
Include vitamin, mineral and protein supplements in your stockpile to assure adequate nutrition.
Shelf-life of Foods for Storage

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Storing Food

There was a fascinating news article written about food storage, “Oatmeal From '70s Still Tastes OK.” It reveals some facts that show food can be stored for a very long time if it is done correctly. Click here to read the article: www.wired.com/techbiz/media/news/2005/11/69447

The article cites a study conducted by Brigham Young University and quotes a professor from the University of Minnesota who conducted research.

Mormons, members of The Church of Jesus Christ of Latter-Day Saints, are counseled to store a year's worth of food and supplies to be prepared for possible emergencies. Prof. Oscar Pike at BYU obtained samples of food from Mormons who had it in storage for almost 30 years.

The story said that food scientists have long maintained that certain foodstuffs, like salt, granulated crystal sugar and wheat kernels, can be stored indefinitely at room temperature or below. The study at BYU proved that a more processed grain, such as a rolled oat, would also stand the test of time when stored correctly.

Prof. Ted Labuza from the Univ. of Minnesota, said research has shown that seeds can last for thousands of years. Processing and improper storage practices that expose items to heat or oxygen are what cause deterioration.

Augason Farms has always told customers that food stored in cool temperatures (55 to 65˚F) in containers that protect it from oxygen, light and moisture can be expected to last 7 to 10 years and even longer for some items.

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Personal Preparedness Kit

The American Red Cross offers excellent advice to help people evaluate what is needed in their personal preparedness kit. This kit should contain everything you need to survive on your own, particularly in the event of a major disaster or emergency when shelters may not be available for a week or more. The Red Cross lists nine topics to consider.

1. Water
2. Food
3. Medications and special items
4.Tools and supplies
5. Sanitation
6. Clothing and bedding
7. Emergency car kit
8. Important family documents
9. First aid kit

We recommend that you construct your own preparedness kit using as many items that you already have in your home, and then supplement it as needed. Keep the items that you would most likely need a container stored where you can easily get to it.

Each person, and each family has varied and different needs. We recommend you design your own kit rather than relying on commercial kits that may or may not have the items specific to the needs of your family.

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Water Storage

You need to plan to store one gallon of water per day per person. How much water you store is up to you, but keep in mind that clean drinking water is the single most important item for you to have in an emergency. Whether you store enough for a day, a month, or a year is up to you.

Augason Farms™ offers water storage containers that are ideal for long-term storage.

Heavy-duty, thick, polyethylene food grade plastic barrels are essential. If you use lesser quality you run the risk of leaks and contamination. The barrels are blue, which indicates they are food grade plastic, and come in sizes that range from 5 to 55 gallons. It is recommended to store these barrels in a dark and cool area, such as a basement or food storage room. Storing your barrel in the open could have an effect on the life of the barrel, and may subject the water to freezing. It is not recommended to store any water container in direct or indirect sunlight. Barrels should be placed on a non-porous surface between the cement floor and the barrel, such as wood.

If you must store a water barrel outside, cover it as much as possible to prevent exposure to light and help insulate it. When water freezes it expands, so do not fill the barrel all the way in the winter. If there is not enough room at the top of your barrel, it can cause your barrel to become disfigured or may even crack.

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Emergency Water Supplies

Avoid using containers that will decompose or break, such as milk cartons or glass bottles. An average person needs to drink at least two quarts of water each day. Hot environments and intense physical activity can double that amount. Children, nursing mothers, and ill people will need more. Store a minimum of one gallon of water per person per day to allow for drinking, cooking, and sanitation needs.

How to Store Water

Augason Farms offers the ideal containers for storing water. You should store your water in thoroughly washed plastic, glass, fiberglass or enamel-lined metal containers. Never use a container that has held toxic substances. Plastic containers, such as soft drink bottles, are best. You can also purchase food-grade plastic buckets or drums from Augason Farms. Seal water containers tightly, label them and store in a cool, dark place. Rotate water every six months.

Emergency Outdoor Water Sources

If you need to find water outside your home, you can use these sources. Be sure to treat the water before drinking it.
Rainwater
Streams, rivers and other moving bodies of water
Ponds and lakes
Natural springs
Avoid water with floating material, an odor or dark color. Use saltwater only if you distill it first. Do not drink flood water.

Hidden Water Sources in Your Home

If a disaster catches you without a stored supply of clean water, you can use the water in your hot-water tank, pipes and ice cubes. As a last resort, you can use water in the reservoir tank of your toilet (not the bowl).

Do you know the location of your incoming water valve? You'll need to shut it off to stop contaminated water from entering your home if you hear reports of broken water or sewage lines.

To use the water in your pipes, let air into the plumbing by turning on the faucet in your house at the highest level. A small amount of water will trickle out. Then obtain water from the lowest faucet in the house.

To use the water in your hot-water tank, be sure the electricity or gas is off, and open the drain at the bottom of the tank. Start the water flowing by turning off the water intake valve and turning on a hot-water faucet. Do not turn on the gas or electricity when the tank is empty.

Three Ways to Treat Water

In addition to having a bad odor and taste, contaminated water can contain microorganisms that cause diseases such as dysentery, typhoid and hepatitis. You should treat all water of uncertain purity before using it for drinking, food preparation or hygiene.

There are many ways to treat water. None is perfect. Often the best solution is a combination of methods.
Two easy treatment methods are outlined below. These measures will kill most microbes but will not remove other contaminants such as heavy metals, salts and most other chemicals. Before treating, let any suspended particles settle to

the bottom, or strain them through layers of paper towel or clean cloth.

Boiling: Boiling is the safest method of treating water. Bring water to a rolling boil for 3-5 minutes, keeping in mind that some water will evaporate. Let the water cool before drinking. Boiled water will taste better if you put oxygen back into it by pouring the water back and forth between two clean containers. This will also improve the taste of stored water.

Disinfection: You can use household liquid bleach to kill microorganisms. Use only regular household liquid bleach that contains 5.25% sodium hypochlorite. Do not use scented bleaches, color-safe bleaches or bleaches with added cleaners.

Add 16 drops of bleach per gallon of water, stir and let stand for 30 minutes. If the water does not have a slight bleach odor, repeat the dosage and let stand another 15 minutes.

The only agent used to treat water should be household liquid bleach. Other chemicals, such as iodine or water treatment products sold in camping or surplus stores that do not contain 5.25% sodium hypochlorite as the only active ingredient, are not recommended and should not be used.

While the two methods described above will kill most microbes in water, distillation will remove microbes that resist these methods, and heavy metals, salts and most other chemicals.

Distillation: Distillation involves boiling water and then collecting the vapor that condenses back to water. The condensed vapor will not include salt and other impurities. To distill, fill a pot halfway with water. Tie a cup to the handle on the pot's lid so that the cup will hang right-side-up when the lid is upside-down (make sure the cup is not dangling into the water) and boil the water for 20 minutes. The water that drips from the lid into the cup is distilled.

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Emergency Car Kit

It may be necessary to leave your home quickly with little or no time to prepare or to take anything with you. It is also possible that an emergency may strike at a time when you are away from home. For this reason you should have emergency items stored in your car, and you should have a communication plan to help you and your family members find each other. Because your car may be your means of evacuation, it is important to maintain at least one half tank of gas or more at all times, and keep your car in good repair.

The following is a recommendation of items to put into an emergency car kit:

Water
Food
LED Flashlight or light sticks
First aid kit
Sanitation
Maps and compass
AM/FM radio (in addition to car radio)
Emergency blanket
Extra clothing
Jumper cables
Car repair tools
Cell phone (most disconnected cell phones are able to call 9-1-1)
Fire extinguisher
Paper and pencil
Toys and other special consideration items for children
Books and games for entertainment

It is important to customize your emergency car kit for people with special needs such as diabetes, allergies, chronic illness, babies, and elderly.

Remember to always let someone know what time you left and what time you expect to arrive at your destination. By taking these precautions, you can prepare your family for an emergency and feel more confident in your travels.

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Evacuation Plan

If and when an emergency comes that requires you and your family to evacuate your home, there will be little or no time to make your plans. If you have an evacuation plan in place, and make sure that all family members know and practice what to do, you will have a tremendous advantage in the event you ever need to implement that plan.

Evacuation plans can be useful for many different types of disasters: hurricanes, tsunamis, and statistically more common, house fires. House fires are one of the most common disasters people face in this country so it is important that everyone has an evacuation or fire escape plan, and practice it regularly. Everyone in your family should know the plan, even the little ones, so set aside an evening when the whole family can get together to make your emergency escape plan. Follow these simple steps and you will be ready for evacuation.

1. Make a map of your home with escape routes marked.
Label every exit, including doors, windows, and hallways, which may become a potential fire escape. In every room, label the primary exit (usually a door or hallway) and a secondary exit (usually a window) in case the primary exit is blocked by smoke or flames. Label every room where a family member sleeps. Label the main shutoff valves of the gas, electricity, and water lines. Establish a safe meeting place outside the home so everyone can be accounted for.

2. Practice your emergency evacuation plan.
It does little good to have a plan on paper. Practice will help you to learn how to improve your plan and will insure that all family members know exactly what to do.

It is important for everyone in the family to learn how to escape, including how to get out the windows. A good fire escape ladder is essential if your exit is through a window on an upper floor. You may want to arrange the furniture so a dresser or nightstand is under the window to make it easier to escape, especially through basement windows.

Place your emergency preparedness kits strategically near an exit so they are easy to grab in a hurry. Be sure to have a flashlight or light stick by each person’s bed to make it easier to find your way out at night.

Practice turning off utilities, but only pretend to do it. You do not want to actually turn off the gas during a drill. A gas wrench or other tool is needed for this. You should have an emergency evacuation drill four times a year, and vary the conditions so that you practice in different situations such as night, day, good weather, and bad weather.

3. Communication.
Each family member must know where to meet after getting out of the house in an emergency. Make sure everyone knows that their number one priority is to get out quickly and go to the designated meeting place without delay and to wait there.

Be sure that each family member memorizes the phone number of an out-of-town, or even better and out-of-state person to call in case they are separated from your family. Have everyone memorize the phone numbers of other important contacts.

Evacuation plans can be life-saving for you and the ones you love. Disasters don't just happen to other people. They are very real and can happen to anyone at anytime. Take the time to plan and prepare and you will be very grateful you did.

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Financial Preparedness

Here are some informative tips and suggestions that will help you reduce spending and free up money you already have so you can get the food storage items you need.

Change your grocery shopping habits. You will be amazed how much money you can save each week if you follow this rule. Eliminate buying name brands if a generic brand is available, purchase name brands only on sale, and if possible use a coupon. Additional savings on groceries can be obtained if you first prepare a menu, then create a shopping list, and buy only what is on the list. Leave your kids at home when you shop, and resist impulse purchases. Eat basic wholesome foods and avoid prepared boxed mixes.

When it comes to food storage, store what you normally eat and eat what you store. Buy in bulk to save even more. Augason Farms offers most of the foods you will need in bulk quantities. The food is packaged in containers designed for storage that can also be easily opened for regular use. If you have to eat foods you are not use to during a stressful emergency you will become even more stressed.

Do not pay full price for anything. Watch for sales, and shop at second-hand stores, flea markets, garage sales and swap meets. You will be surprised at the great deals you can land for a fraction of the price you would spend on new items.

Attend "dollar movies" or rent videos, instead of paying full price for a theater ticket.

There are many ways to reduce spending on entertainment and save a great deal of money. Have family fun nights at home playing games or doing activities that do not have a cost.

Reduce driving to save on expensive gas prices. Plan ahead when shopping so you don’t need to make a second trip.

Have a meeting with your family and use these examples to begin a discussion of ways to save money. Once you get everyone talking and thinking you will come up with many more ways to save money that can be used to help you accomplish your food storage goals.

Financial preparedness is an essential part of any preparedness plan. Once your finances are in order, other areas of preparedness will fall into place.

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Important Phone Numbers

Most of the nation is served by 9-1-1 emergency dispatch, but when people in a large area are in an emergency situation that system will be over-worked and unresponsive. Try to think of the numbers you might want to call in an emergency. Create an emergency phone list and keep it posted where everyone can get to it easily if the need arises.

Example of Emergency Numbers for Your List:
Any emergency--911
Fire station
Local Police Station
State Police Station
Local F.B.I. Office
Local office of Homeland Protection
Local National Guard
Family Doctor
Poison Control Center
Animal Control
School Numbers
Local friends or relatives
Out-of-state friends and relatives
Work Numbers
Trusted Neighbors
American Red Cross
Federal Emergency Management Agency (FEMA)
State and local emergency management offices

Augason Farms Emergency Preparedness Tips

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Saving Money & Vital Documents

It is important that you have access to identification, insurance, and other documents in an emergency. Usually those documents can be found in the typical wallet, but there are other documents you may also need to access in an emergency.

Think of all the documents you may need, such as stocks, deeds, vehicle titles, passports, insurance policies, Social Security Cards, membership forms, wills, contracts, and agreements. It is a good idea to have the originals of these documents stored in one location, and copies stored in another. You may wish to get a fireproof safe, but if you do not have one you might consider placing all your important papers in a zip storage bag and then place that bag in your freezer. This will protect them in the event of a fire, but be sure the plastic bag does not become torn over time.

Many people keep a recent photo of each family member, as well as photos of pets with their important papers.

Perhaps the most important documents to have on hand during an emergency is cash. After a natural disaster such as an earthquake, hurricane or flood, many of the convenient ways we spend and get money no longer exist. Automatic teller machines, credit card networks, even the banks themselves are often inoperable. It is then that we return to cash only transactions, and unless you already have some money saved in a safe place you will be unable to make purchases.

You should have enough cash on hand to pay for a hotel room, buy meals, purchase gas for a vehicle, and other similar expenses that may come up in an emergency. Try to think of the things you and your family might spend money on and start saving until you reach your goal.

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First Aid Training

What would you do if you, a family member, or a neighbor was injured in a disaster situation, but because of the demand on medical services there is no hope for paramedics to reach you and no possibility of leaving your location to take the person to a hospital?

Basic first aid skills are helpful when medical assistance is readily available, but what would you do if someone was badly injured and there was no hope of getting that person to a medical facility for an hour or more? You need skills beyond what is taught in a basic first aid course.

There are special courses in Wilderness First Aid and CPR for those who travel to remote areas, because emergency services cannot get to those areas quickly if someone is injured. Now Wilderness First Aid training has become a part of emergency preparedness because any city can be a wilderness if emergency services are not available in a disaster.

Wilderness First Aid training is usually very expensive, but the American Academy of Orthopedic Surgeons and the American College of Emergency Physicians have combined forces through the Emergency Care and Safety Institute to make training and certification affordable.

It is recommended that at least one person in each family, and one or more people at each place of employment, be certified and trained in Wilderness First Aid and CPR. If you are in the Salt Lake City area, contact Augason Farms for the next available course. If you live in other areas please visit www.ecsinstiute.org to find a course in your area.

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Staying Clean & Healthy

What will you do in an emergency when there is no running water? If you have stored water you still need to have a plan for personal hygiene and sanitation issues, and perhaps laundry.

Here are a few quick tips that may be helpful to consider in your planning.

If you stay clean you have a better chance of staying healthy, and to reduce your stress level. When you cannot shower or take a bath you will discover that staying clean is not an easy task. If you decide to take a sponge bath and use regular soap you will need a significant amount of water to rinse the soap off. Instead keep a supply of baking soda in your storage. Place one teaspoon of baking soda in 16 oz. of water and stir to dissolve. Use a wash cloth soaked in the baking soda water to take a sponge bath. Rinsing is not necessary, but if you do rinse you only need to use another wash cloth that is wet with clean water.

Water is a valuable item that you need to conserve, so do not use your stored water to flush toilets. Instead you can make or purchase inexpensive chemical toilets that are made for camping for use in an emergency.

Washing clothes may become an issue if you are without utilities for an extended time. The same type of baking soda water can be used to wash clothes along with a scrub board, just like the ones your ancestors used before the days of washing machines. You will need a clothes line, either outside or inside your home depending on the weather.

Staying clean is important to avoid the build-up of bacteria that can enter the pores of your skin or get into your eyes nose or mouth and cause illness.

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Caring for your Pet

Caring for a pet or pets in an emergency involves more than just having an extra supply of food. There are a number of issues to consider.

During an emergency or disaster situation your dog or cat must have an identification tag, proper license tag, and required vaccination tag on a collar. You should also have the vaccination records easily accessible in the event your pets need to be left in a kennel or boarded with other animals.

Dogs that have had obedience training are better prepared for handling in an emergency. Animals know when something is wrong and become stressed in times of trouble. This makes them harder to handle and less responsive. If they have had obedience training it is often easier for them and for you in a stressful environment.

You should also consider things such as a pet carrier, and all the supplies that are needed to care for your pet if you have to leave home. It is also wise to know in advance where you will leave your pet in your home or on your property if you have to leave but cannot bring your pet. You may also want to contact a local kennel to find out what plans, if any, they have for housing pets during an emergency. There will only be a limited number of spaces available in a kennel and perhaps you can make advance arrangements.

Imagine various emergencies and disasters and ask yourself what you might need to have in order to care for your pets. This might include things such as medications, a brush, a special familiar toy (for comfort during stressful times), blankets or towels, sanitation items, and first aid items designed for pets.

Emergency shelters do not accept pets, so if you must leave your pet behind have an emergency pen set up in your home that includes supply of dry food and a large, spill proof container of water. Preselecting a site in your home will make emergency preparations for your pet easier than waiting until the emergency occurs. It is a good idea to have an automatic feeder and water container on hand. Experts say it is not a good idea to leave a pet chained outside, but leaving a pet in a fenced area may be a good choice if the weather is not severe.

Discuss emergency preparations for your pet the next time you visit your veterinarian.