



Hello FCE,  
I hope everyone is doing well. I have compiled several UT  
and TSU publications  
from our state specialists related to emergency  
preparedness that you may find  
beneficial. Please share with others.

I know this is a difficult  
time for everyone, but please stay encouraged -- we will  
get through this. I  
want to remind you to check in on fellow club members.  
We shouldn't lose touch  
with one another during this time.

Tamera Adjei  
FCS Extension Agent

# Emergency Preparedness Toolkit



[Be Prepared: Food and Water in an Emergency.](#)

[Eating Well During Stressful Times](#)

[Steps to Stabilize Your Financial Situation](#)

[Identifying Your Resources](#)

[Common Sense Steps to Prevent Coronavirus](#)

[How to Talk to Kids about Disasters](#)

[Sample 2-Week Menu](#)

[Grocery List for 2-Week Menu](#)

[Cookbook for 2-Week Menu](#)

[Pantry Staples List](#)

[Food Keeper App](#)

[Emergency Food Kit](#)