

Step-by-Step with The Survival Mom

Lesson 2: Define your disaster & set priorities

Required materials: *Survival Mom* by Lisa Bedford, a pen or pencil for taking notes and completing assignments, and supplies for each lesson's activities.

Define your disaster

You can relax! There's no need to worry about preparing for everything, nor is there any need to try to prepare for everything all at once. In fact, if you first define the top events that are most likely to affect you, your home, and your loved ones, you'll find there's actually less to worry about.

Defining the "enemy" is a great first step!

Step #1

Read pp. 6-13 in *Survival Mom*.

On the chart below, list the disasters in each category that are your top concerns based on

- Your geographical location.
- Your daily routines. For example, you may live in a peaceful rural area but spend time each week in a congested, urban environment and will have to plan accordingly.
- Your personal circumstances, such as age, health, physical condition and special needs for each member of your family.
- The current season of the year. If you're faced with a chilly winter, prepare for any cold-weather concerns before worrying about next summer!

Natural disasters	Man-made disasters
Personal crises*	Extreme weather

*Personal crises might include serious illness or injury, loss of a job or home, divorce, etc.

Step #2

Review your 4 lists on the chart and determine which is the most likely and/or imminent event in each category.

List those 4 top priority events here:

1. **Natural Disaster** _____
2. **Man-made Disaster** _____
3. **Personal Crisis** _____
4. **Extreme Weather Event** _____

Congratulations! Now you only have 4 events to focus on with the time, energy, and money you have available.

Let's narrow it down even more. Review your list of 4 events and circle the one that is your biggest and most immediate concern.

That event is where you will start. We'll call it your Top Priority Emergency.

Establish priorities

No matter the event, your main priorities will always be water, food, shelter, safety, and any special needs your particular family might have. We'll cover water and food in this lesson.

Water

Read pp. 21-28 for information on the various types of water purification and practical ways to store water.

Google "used water barrels" for your town and see if these are available. I pay \$18 per 50-gallon barrel from a supplier in Phoenix. There's no need to pay top dollar for brand new 50-gallon barrels.

If you regularly drink soda, start buying it in 2 liter bottles. These are great for storing water and dry goods. If you don't drink soda and don't want to start, ask friends and family members to save their bottles for you. It's amazing how quickly these accumulate!

Food

For this lesson, simply focus on storing shelf-stable foods that do not require cooking. You'll find a list of suggestions on p. 71. Remember to only store the foods your family will actually eat, and since we are setting this food aside for meals during highly stressful times, be sure to include some comfort foods, such as hard candies, pudding cups, etc.

If you want more advanced information on food storage, read Chapters 4 and 5 and pp. 100-108 for information on proper food storage conditions.

Use this daily menu planner to help organize this step. Plan on repeating a 7 day menu to keep it simple.

	Breakfast	Lunch	Dinner
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7			

Your assignment

- Complete this worksheet.
- Read the assigned pages, along with the tips for specific disasters on pp. 294-299 in *Survival Mom*.
- Have a meeting with your significant other and older family members to discuss this lesson and your list of the top events your family should prepare for.
- Prepare one additional kit, preferably one that will help you be better prepared for your Top Emergency Priority.
- Make sure you have at least 1 can opener stored with your emergency food stash!