

## PREPARED TO GET TO KNOW YOU

### Find someone who:

- Has a year's supply of long-term food
- Has expanded food storage (a 3-month supply)
- Has had a food storage Christmas
- Uses their wheat every month
- Has a grain mill
- Uses powdered milk often
- Has a vegetable or herb garden
- Has a fruit tree or berry bushes/vines
- Uses their food storage regularly
- Cans fruits or vegetables
- Cans meat or chicken
- Dehydrates food
- Freezes fruits and vegetables
- Makes homemade bread
- Has made homemade cheese
- Knows how to sprout beans, grains, and seeds
- Has made homemade yogurt
- Knows what quinoa is (and how to pronounce it!)
- Knows what triticale is
- Knows where Anasazi beans come from
- Has done dry-pack canning
- Has a good first aid kit
- Has a completed 72-hour kit
- Has water stored
- Has a fire escape plan
- Has a household inventory
- Has an emergency savings fund
- Has emergency cooking equipment
- Has emergency light sources
- Has had CPR training
- Is a HAM radio operator
- Is CERT trained