

## Part 7 Plan, Prepare and Practice

### *Personal and family preparedness activities*

According to the Joseph Principle, the time to store-up for future needs for yourself and others is when food and supplies are readily available. Overall, the economy is prospering, and everyone has access to anything they may want to have on hand. If you wait, a crisis or emergency may quickly change everything! \*

\* The 2020 pandemic was such a case. Prior to the crisis, there was no shortage of food and supplies. However, within a matter of weeks, everything changed. **Procrastinating your preparedness is not preparedness at all!**

**Begin planning for food and supplies for 1 week.** After you have this level of preparation, **plan for 1 month**, and then for **3-6 months or longer**:

1. **Start planning** by identifying your areas of greatest concern or need.
  - a) Consider the *Personal Assessment* [in Part 1] and *Implications* [Part 3]. Highlight the key things you want to address.
  - b) Use the list of categories in *Contingency Planning* [Part 6] to start your preparations.
    - First, begin by making a checklist of items you want to acquire, without regard to priority.
    - Secondly, rate the items on a “need” scale: “A” = essential; “B” = high want; “C” = desired; an alternative is to rate them by “timing”: “A” = immediate; “B” = in next six months; “C” = within one year; “D” = after one year, at which time you may want to reassess your preparations.
2. **Begin keeping an inventory**, database or categories of resources you have set aside as well as a list of items you wish to acquire. [See the sample in Addendum 2.]
  - Inventory items you already own – consider things that can be repurposed, improved or improvised for your preparedness needs to save money.
3. **Set a budget:**
  - a) Work out two basic budgets:
    - A bare-bones economy budget – What can you afford to set aside as a minimum from your current budget? Identify priority items or areas you want to address, then save for it and make the purchase when funds are adequate.
    - And a “Hope to Have” budget – What items or preparations are beyond your ability to acquire or implement currently? Prioritize them. Try to determine how much they will cost or how else you could acquire it. Many items do not have to be new!
    - Set realistic expectations for both; set dates for accomplishing various steps of preparation. It is highly recommended that you do not go into debt or borrow money for your preparations.
  - b) Even on a tight budget, you can begin collecting food and other specific items with longer-term preparedness in mind:
    - Purchase a few extra items on each shopping trip. (Use a shopping list.)
    - Purchase food items in bulk for discount prices. (Some stores only have such products available online.)
    - Share or divide a bulk order with other families to save on costs.