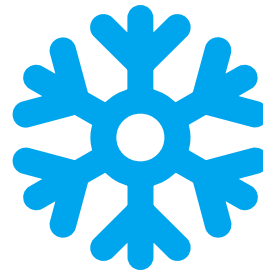
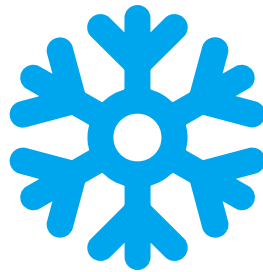




# **NBCUSA H.O.P.E. Winter Preparedness Kit**

*A Faith-Rooted Guide for Families, Churches, and Communities*



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*This kit is designed to help National Baptist congregations prepare for winter storms, power outages, extreme cold, and periods of isolation. It blends **practical safety, health guidance, and spiritual encouragement**—the NBCUSA way.*

***NBCUSA H.O.P.E. Winter Preparedness Toolkit***

This toolkit is provided by the **National Baptist Convention, USA, Inc.** and the **NBCUSA H.O.P.E. Health Initiative** to support churches, families, and communities during the winter season. It offers general guidance for preparedness, health awareness, and congregational support.

**This resource is for educational purposes only.**

It is not a substitute for professional medical care, mental health services, emergency management instructions, or legal advice. Individuals should consult qualified professionals for personal guidance.

Health and safety information reflects reputable national sources such as the CDC, HHS, FEMA, and the American Red Cross. Local conditions and official instructions may vary. Always follow the direction of local authorities, first responders, and utility companies.

Mental health content is intended to encourage awareness and connection. Anyone experiencing emotional distress should seek help from a licensed mental health professional or trusted local resources.

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**[www.hopenbc.com](http://www.hopenbc.com)**

## 1. Core Emergency Supplies for Every Household

### A. Food & Water

- Bottled water — **1 gallon per person per day (3–5 days minimum)**
- Shelf-stable foods that require **no cooking**, such as:
  - Canned beans, tuna, chicken, vegetables, fruit
  - Peanut butter, nuts, granola bars
  - Crackers, dried fruit, instant oatmeal (can be made with warm water)
  - Baby formula, baby food, and special-diet items
- Manual can opener
- Disposable plates, cups, utensils

### B. Heat & Warmth

- Extra blankets, quilts, sleeping bags
- Thermal underwear, hats, gloves, scarves, wool socks
- Hand warmers
- Weather-stripping or towels to block drafts
- Safe indoor heating sources (UL-listed space heaters with automatic shutoff)

### C. Lighting & Power

- Flashlights (avoid candles)
- Battery-powered lanterns
- Extra batteries
- Portable power banks for phones
- Car charger for mobile devices

### D. Health & Safety

- First aid kit
- 7–14 days of medications (stored safely)
- Thermometer
- Masks for crowded indoor spaces
- Hand sanitizer and disinfecting wipes
- Copies of medical information and emergency contacts

### E. Communication

- Battery-powered or hand-crank radio
- Printed list of family phone numbers
- Local emergency numbers (utility company, city/county emergency management)

## 2. Food Safety During Power Outages

### Refrigerator

- Safe for **up to 4 hours** if unopened
- Discard food above **40°F for more than 2 hours**

### Freezer

- Full freezer: **48 hours**
- Half-full freezer: **24 hours**

**When in doubt, throw it out.**

Never taste food to check safety.

### Foods that may last longer:

- Hard cheeses
- Whole fruits and vegetables
- Jams, jellies, condiments

## 3. Heating Safety — What **NOT** to Use

### Never use:

- Gas stoves or ovens
- Charcoal grills
- Camp stoves
- Generators indoors or near windows

**Why:** Carbon monoxide is invisible, odorless, and deadly.

### Always:

- Use generators **outside**, far from doors/windows
- Keep a carbon monoxide detector with battery backup
- Bundle up, close off unused rooms, and create a “warm room”

## 4. Vehicle Preparedness Kit

For those who must travel:

- Ice scraper and snow brush
- Jumper cables
- Blanket and extra clothing
- Bottled water and snacks
- Sand or cat litter (traction)
- Flashlight
- Phone charger
- Small shovel

## 5. 🧠 Mental Health & Spiritual Care Kit

Inspired by Sister Bettina Campbell's guidance.

### Signs someone may be struggling

- Withdrawal or silence
- Irritability or hopelessness
- Changes in sleep or appetite
- Not answering calls or texts

### Ways to stay connected

- Prayer partners
- Phone trees
- Virtual Bible study
- Daily check-ins with seniors and caregivers

### Personal spiritual practices

- Prayer journal
- Scripture meditation
- Gospel music playlist
- Gratitude list
- Light physical movement indoors

## 6. 🏠 Church Winter Readiness Kit

### A. Congregational Communication

- Pre-storm text alerts
- Social media updates
- Phone trees for seniors
- Bulletin inserts with safety tips
- Graphics for Facebook/YouTube (aligned with H.O.P.E. branding)

### B. Ministry Actions

- Check on vulnerable members
- Provide warming center information
- Share food safety and heating safety graphics
- Host winter readiness workshops
- Encourage members to prepare medication refills early

### C. Facility Preparedness

- Salt/ice melt
- Backup power for essential systems
- Flashlights and lanterns
- Updated emergency contact list
- Clear signage for emergency exits

## 7. 👶 Special Considerations for Children & Infants

- Extra formula, diapers, wipes
- Safe sleep environment (no loose blankets)
- Keep infants away from space heaters
- RSV precautions: limit exposure to sick individuals

## 8. 🧓 Special Considerations for Seniors

- Extra medications
- Backup oxygen or medical equipment plans
- Warm clothing layers
- Daily check-ins
- Avoiding falls on ice

## 9. 🌿 Respiratory Illness Season Add-Ons

Based on your Run of Show:

- Masks for crowded indoor spaces
- Hand sanitizer
- Thermometer
- At-home COVID tests (if available)
- Flu vaccination reminders
- RSV precautions for infants and older adults

## 10. 📖 Faith-Rooted Encouragement Section

Include in bulletins or devotionals:

### Scriptures for Winter Storm Seasons

- *Psalms 46:1* — God is our refuge and strength
- *Isaiah 41:10* — Fear not, for I am with you
- *Philippians 4:6–7* — The peace of God will guard your hearts
- *Psalms 121* — The Lord will keep your going out and coming in

### Prayer for Winter Preparedness

“Lord, cover our families, strengthen our communities, and guide our churches as we prepare for the cold seasons. Keep us safe, connected, and compassionate toward one another. Amen.”



 **Printable NBCUSA H.O.P.E. Winter Preparedness Checklist**  
For distribution in bulletins, foyers, and social media

## **Household Essentials**

- ☐ Water (1 gallon per person/day)
- ☐ Shelf-stable food (3–5 days)
- ☐ Manual can opener
- ☐ Flashlights & batteries
- ☐ Blankets & warm clothing
- ☐ First aid kit
- ☐ Medications (7–14 days)
- ☐ Battery-powered radio
- ☐ Power banks
- ☐ Carbon monoxide detector

## **Home Safety**

- ☐ Weather-strip doors/windows
- ☐ Safe space heater
- ☐ Generator safety plan
- ☐ Emergency contacts list

## **Church Actions**

- ☐ Phone tree updated
- ☐ Social media graphics posted
- ☐ Senior check-ins assigned
- ☐ Facility winterized
- ☐ Warming center info available



# NEVER USE A GAS STOVE TO HEAT YOUR HOME

## WHY?



### CARBON MONOXIDE DANGER:

Gas stoves are built for short-term cooking, not long-term heating. When used improperly, they can release dangerous levels of carbon monoxide—an invisible, odorless gas that can be deadly without warning.

### FIRE HAZARD:

Leaving burners or ovens on for extended periods increases the risk of overheating and fire.

### VENTILATION RISK:

Without the electric range hood running, fumes from the stove aren't properly ventilated.

# POWER OUTAGES

## REFRIGERATED & FROZEN FOOD SAFETY



### WHEN TO DISCARD PERISHABLE FOOD



#### QUICK SAFETY GUIDELINES

KEEP DOORS CLOSED

THROW OUT FOOD ABOVE 40°F AFTER 4 HOURS

## 4 HOURS

- KEEP DOORS CLOSED
- THROW OUT FOOD ABOVE 40°F AFTER 4 HOURS
- DON'T TASTE FOOD TO CHECK IF IT'S SAFE

#### WHAT YOU CAN KEEP



HARD CHEESE, FRUITS, CONDIMENTS

FULL LIST AT [FOODSAFETY.GOV](https://www.foodsafety.gov)

## COLD WEATHER POWER OUTAGE? STAY SAFE & STAY HOPEFUL



### HEATING & SAFETY TIPS



**CREATE A WARM ROOM:** Choose one room to live in and close off unused spaces.



**SEAL DRAFTS:** Use towels or blankets under doors and windows.



**LAYER UP:** Loose clothes, hats, and mittens keep heat in.



**AVOID CARBON MONOXIDE:** Never use gas stoves, ovens, or indoor grills for heat.



**USE GENERATORS SAFELY:** Only outdoors, never in enclosed spaces.



**COVER WINDOWS:** Close blinds and curtains at night.

### FOOD & WATER PROTECTION



**KEEP DOORS CLOSED:** Refrigerators stay cold for 4 hours, freezers up to 48.



**USE NATURE WISELY:** If it's below freezing, store perishables outside.



**PREVENT FROZEN PIPES:** Turn off the main valve and drain faucets.



**TOSS UNSAFE FOOD:** Anything above 40°F for 2+ hours should be discarded.

EMERGENCY

[HOPENBC.COM](https://www.hopenbc.com)