

Disaster Supply Kits

Every family will have different needs for a disaster supply kits so it is important that each family assess their personal needs.

Basic Kits Include:

- Water/food/can opener
- Radio/flashlight/batteries
- First aid kit/medicines
- Personal hygiene/waste disposal supplies
- Whistle/reflective item
- Wrench or pliers to turn off utilities

Pet Kit:

- Food/water
- Medicines/Medical Records
- Collar/Leash/ID tags/carrier
- Waste disposal supplies
- Picture with pet/toys/comfort item

Basic Car Kit:

- Traction items/tow cable
- Fluorescent flag/reflective item/flare
- Scraper/shovel/gloves
- Space blanket/first aid kit/snacks/water
- Flashlight/radio/batteries

For additional items to consider please visit www.nema.ne.gov and click on the "Are you ready" button.

EXTENSION NEWS

Henneman Receives Society of Nutrition Education Award of Excellence

Alice Henneman, registered dietitian and extension educator with University of Nebraska-Lincoln Extension in Lancaster County, received the Helen Denning Ullrich Annual Award of Excellence at the recent Society for Nutrition Education (SNE) Annual Conference. This award is given for outstanding achievement in the field of nutrition education to a SNE member in honor of Helen Ullrich, a loyal member of the SNE and first editor of the Journal of Nutrition Education and Behavior.



Extension Educator Alice Henneman

SNE is an international organization of nutrition education professionals who are dedicated to promoting effective nutrition education and communication.

Suzy Pelican, University of Wyoming Cooperative Extension Service Food and Nutrition Specialist, nominated Henneman, writing:

"Alice's in-person presentation style is warm and engaging, but most educators within and beyond SNE know her through her cutting-edge web-based technology approaches to nutrition education. These methods

are cost-effective for her and her county office, allowing her to develop materials to use in her locale while sharing them with others, truly, around the world.

"Alice's methods also save other educators money because she makes essentially all materials available for downloading from the Web at no charge. UNL Extension in Lancaster County's Food Web site is a treasure trove of free resources for other educators.

"And her creations are very popular, exemplified by the number of annual file downloads (not just site hits) of her slide presentations, for example, nearly 6,000 for 'Wash Those Hands' and nearly 5,700 for 'Avoiding Portion Distortion with MyPyramid's Specific Guidelines' in 2007; and of her posters, for example, over 14,000 downloads in 2007 of 'Wash Those Hands!' in English and Spanish." Congratulations Alice!

Make sure your family has a plan in case of an emergency.

Fill out these cards, and give one to each member of your family to make sure they know who to call and where to meet in case of an emergency. For more information on how to make a family emergency plan, or for additional cards, go to ready.gov

Family Emergency Plan

EMERGENCY CONTACT NAME: _____
TELEPHONE: _____

OUT-OF-TOWN CONTACT NAME: _____
TELEPHONE: _____

NEIGHBORHOOD MEETING PLACE: _____
TELEPHONE: _____

OTHER IMPORTANT INFORMATION: _____

DIAL 911 FOR EMERGENCIES Ready ✓

Family Emergency Plan

EMERGENCY CONTACT NAME: _____
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OTHER IMPORTANT INFORMATION: _____

DIAL 911 FOR EMERGENCIES Ready ✓

Courtesy of The Ad Council and the U.S. Department of Homeland Security

Enter Disaster Preparedness Challenge to Win Prizes!

Offered by Lincoln Community Organizations Active in Disaster (LCOAD)

- Eligibility Information:**
1. You must live, work or attend school in southeast Nebraska to participate and be eligible for prizes.
 2. Individuals, families, classrooms, or workgroups are eligible to participate.
 3. Only one scorecard per **individual, family, classroom, or workgroup**.

- Prizes will include:**
- Weather Radio with batteries
 - Carbon Monoxide Detector with batteries
 - Smoke Detector with batteries
 - Drop Ladder (for fire escape from 2nd floor)
 - Assembled Disaster Preparedness Kit
 - First Aid Kits
 - Fire Extinguisher
 - Car Disaster Preparedness Kit
- Prize winners will be notified by mail or phone. Grand prize winners will be announced in October 2009. Individuals need not be present to win.

- Directions:**
1. Give yourself one point for each completed activity.
 2. Total your points at the end of each week. (4 point maximum per week).
 3. On September 26, 2009 add up the total points for the 3 weeks (12 point maximum).
 4. If you have accumulated at least 8 points, return your scorecard to be eligible for the 2009 Disaster Preparedness Challenge drawing.
 5. Tear or cut your scorecard on the dotted line. Fold and tape your scorecard, place a stamp on it, and mail. All scorecards must be postmarked or delivered by September 30, 2009 to be eligible for prize drawings. Mail to:

Lancaster County Extension
Attn: Lorene Bartos
444 Cherrycreek Road, Suite A
Lincoln, NE 68528

Scorecard:

Please Print:

Name _____ Signature (Must be 19 years of age) _____

Home Address _____ School/Business Name _____

City _____ State _____ Zip Code _____ Phone Number _____

How did you participate: Individual Family Classroom Workgroup Other: _____

Number in your group: _____ Total Points Scored: _____

Activity (1 point per activity):

Week	Activity	SCORES
Week 1 (September 6– September 12)	1. Assemble disaster kits by purchasing containers and getting two items from the lists above or update/add to current kits.	
	2. Prepare/review tornado watch and warning information card and post in a prominent area.	
	3. Develop family plan for fire/tornado/flood or other disaster and identify your out of state contact.	
	4. Locate, update, and review important documents and place in a safe location. (birth certificates, social security card, marriage license, passport, etc.)	
Week 2 (September 13– September 19)	1. Add at least 3 more items to your disaster kits. If yours are complete, help someone start a kit.	
	2. Identify what to do in a power outage. LES customers call 475-4211 or visit les.com Norris call 223-4038 or visit norrisppd.com .	
	3. Practice your tornado plan and/or fire drill.	
	4. Add entertainment items to your kit (board game, coloring book and crayons, card game, etc.).	
Week 3 (September 20– September 26)	1. Add at least 3 more items to your disaster kits (if kit is complete, 1 point).	
	2. Learn to cook using at least one alternative method (grill, charcoal, wood fire, camp stove, etc.).	
	3. Identify potential hazards around your neighborhood (industrial, radiological, chemical, etc.).	
	4. Complete the disaster preparedness survey online at www.nema.ne.gov (click the "Are you ready" button).	

**These weekly deadlines are just a suggestion. Points can be counted for any of the above activities that are completed between September 6–26, 2009

are YOU ready?

