

# Family and Consumer Sciences “Connections” in Lampasas County

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AGRI LIFE  
EXTENSION



2017 Disasters Don't Plan Ahead.  
YOU CAN.

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## *Be Prepared: ‘Disasters don’t plan ahead. You can’*

What would you do if a local authority came knocking on your door to tell you that due to an emergency situation you needed to leave your home within just a few minutes? Could you comfortably do it? The Federal Emergency Management Agency has selected September as National Emergency Preparedness month, and with the help of their program found at <http://www.ready.gov> you will be able to prepare yourself and your family by following these simple steps.

1. **Get A Kit of Emergency Supplies:** This kit should be able to last you at least three days. It should focus on the supplies you need for fresh water, edible food, and clean air. Keep in mind you might have to travel so make sure you can transport it.
2. **Make A Plan:** Whether you are going to be able to shelter-in-place or you need to get away from the situation, plan ahead. Create a family communication plan so everyone knows how to contact each other. Know out of town numbers, alternative routes and destinations your can go for safety. Also, know the emergency plans for schools and your work environments as well.
3. **Get Informed:** Understand potential disasters and threats for your specific area. By beginning a process of learning about these specific threats, you are preparing yourself to react in an emergency. Go to [www.ready.gov](http://www.ready.gov) to learn more about potential terrorist threats and other emergencies or call 1-800-BE-READY (1-800-237-3239) for a free brochure.
4. **Get Involved:** After preparing yourself and your family, take the next step and help your community be prepared.

Each individual and family can be better able to face any situation if they plan ahead.

Source: [www.ready.gov](http://www.ready.gov)

# Build your own 72 Hour kit



## Recommended Items to Include in a Basic Emergency Supply Kit:

- Water, one gallon of water per person per day for at least three days, for drinking and sanitation
- Food, at least a three-day supply of non-perishable food
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
- Flashlight and extra batteries
- First aid kit
- Whistle to signal for help
- Dust mask, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Can opener for food (if kit contains canned food)
- Local maps

All Americans should have some basic supplies on hand in order to survive for at least three days if an emergency occurs. This is a listing of some basic items that every emergency supply kit should include. However, it is important that individuals review this list and consider where they live and the unique needs of their family in order to create an emergency supply kit that will meet these needs. Individuals should also consider having at least two emergency supply kits, one full kit at home and smaller portable kits in their workplace, vehicle or other places they spend time.

Through its Ready Campaign, the Federal Emergency Management Agency educates and empowers Americans to take some simple steps to prepare for and respond to potential emergencies, including natural disasters and terrorist attacks. Ready asks individuals to do three key things: get an emergency supply kit, make a family emergency plan, and be informed about the different types of emergencies that could occur and their appropriate responses.



## Additional Items to Consider Adding to an Emergency Supply Kit:

- Prescription medications and glasses
- Infant formula and diapers
- Pet food and extra water for your pet
- Important family documents such as copies of insurance policies, identification and bank account records in a waterproof, portable container
- Cash or traveler's checks and change
- Emergency reference material such as a first aid book or information from [www.ready.gov](http://www.ready.gov)
- Sleeping bag or warm blanket for each person. Consider additional bedding if you live in a cold-weather climate.
- Complete change of clothing including a long sleeved shirt, long pants and sturdy shoes. Consider additional clothing if you live in a cold-weather climate.
- Household chlorine bleach and medicine dropper – When diluted nine parts water to one part bleach, bleach can be used as a disinfectant. Or in an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners.
- Fire Extinguisher
- Matches in a waterproof container
- Feminine supplies and personal hygiene items
- Mess kits, paper cups, plates and plastic utensils, paper towels
- Paper and pencil
- Books, games, puzzles or other activities for children

Even our four-legged or winged friends need to plan for an emergency. As a pet owner follow these steps in helping your pet prepare.

## 1. Prepare Your Pet Emergency Kit

- ⇒ *Food*, at least three days worth in an airtight, waterproof container.
- ⇒ *Water*, at least three days worth specifically for your pet..
- ⇒ *Medicines and Medical Records*, keep in a waterproof container.
- ⇒ *First Aid Kit*, talk to your veterinarian about what is most appropriate for your pet's emergency needs.
- ⇒ *Collar with ID tag, harness or leash*, your pet should wear a collar with its rabies tag and identification at all times. Include a back up in your kit. Include copies of all paperwork on your pet as well.
- ⇒ *Crate or other pet carrier*, have a sturdy, safe, comfortable place to transport your pet.
- ⇒ *Sanitation*, whether it is litter, newspaper, trash

bags, etc. provide for your pet's sanitation needs.

- ⇒ *A Picture of You and Your Pet*, in case you get separated, this will help prove ownership and allow others to help you find them.
- ⇒ *Familiar Items*, include favorite toys, treats, or bedding to help with a feeling of normalcy.

## 2. Plan Ahead what you are going to do.

*Evacuate.* Plan how you will assemble your pet(s) and anticipate where you will go. Find out before an emergency happens if any of the facilities in your area might be viable options for you and your pets.

*Develop a buddy system.* Plan with others to make sure someone is available to care for or evacuate your pets if you are unable to do so, and designate specific locations where you will meet in an emergency.

Talk with your veterinarian about what else you can do, and gather contact information for emergency animal treatment. That way everyone is as safe and comfortable as possible in an emergency situation.

Source: [texashelp.tamu.edu](http://texashelp.tamu.edu)

## National PrepareAthon Day is September 15, 2017

Here are 10 Ways to participate in America's PrepareAthon Day.

1. Access Alerts and Warnings for your area
2. Plan with Neighbors on what to do in your area.
3. Make property safer
4. Hold a practice or drill in your home.
5. Test your plan for communication.
6. Assemble or update your supplies.
7. Conduct an Exercise
8. Safeguard your Documents.
9. Document and Insure your property.
10. Participate in a class, training or discussion

Source:  
*Community.fema.gov*



Karen DeZarn, CEA-FCS  
409 S. Pecan St., Suite 102  
Lampasas TX 76550

512-556-8271 Ext. 140  
kjdezarn@ag.tamu.edu  
<http://lampasas.agrilife.org>



## Johnny Appleseed Meatballs

Yield: 26 meatballs  
Time: 30 min.

*A new and fun way from  
allrecipes.com to honor  
Johnny Appleseed on  
September 13*



1 pound ground beef.  
1/4 cup dried bread crumbs.  
1/2 cup chopped, peeled apple.  
1 egg.  
1 teaspoon onion salt.  
2 tablespoons vegetable oil.  
1 cup water.  
1 tablespoon brown sugar.  
1 (.75 ounce) packet dry brown gravy mix.

1. In a large bowl, combine ground beef with chopped apple, bread crumbs, egg and onion salt.
2. Divide into 18 to 20 meatballs. Roll each one between your hands to shape into a ball.
3. Heat a large skillet and add oil. Cook the meatballs until browned; pour off fat.
4. Stir in water, brown sugar and gravy mix. Cover and simmer for 15 minutes.

Family and Consumer Sciences "Connections" is provided by the following Texas A&M AgriLife Extension Service Family and Consumer Sciences Agents:

Courtney Parrott, Brown County

Linda Wells, Burnet County

Kandice Everett, Coke/Sterling Counties

Janet Nelson, Coleman County

Milissa Wright, Concho County

Vacant, Irion/Schleicher Counties

Kim Miles, Jones County

Karen DeZarn, Lampasas County

Vacant, Llano County

Vacant, Mason/Menard Counties

Jacque Behrens, McCulloch County

Vacant, Nolan County

Vacant, Runnels County

Melanie Potter, San Saba County

Jane Rowan, Taylor County

Courtney Redman, Tom Green County

Mandi Seaton, D7 Regional Program Leader

### Lampasas County News



#### Do Well Be Well with Diabetes:

Mondays, Sept. 11, 18, 25 Oct. 2 & 9  
at Burnet Co. Extension Office,

607 N. Vandever, Burnet - 6-8 p.m.

\$20/person or \$30/couple

#### Dinner Tonight! Healthy Cooking School: September

21st 6-8 p.m. at Lampasas Farm Bureau. Registration is \$15/person if paid before Sept. 18. \$20 at the door.

Theme: Slow Cooker Meals.

A Matter of Balance: Do you or someone you know have a fear of Falling? Free classes meet 2X a week for 4 weeks at Lampasas Sr. Center. Mondays and Tuesdays in Oct. Class size limited. Call to reserve a spot.