

# 5 Easy Ways to Get Started on *Emergency Preparedness:*

Week Number	Read 1 Article	Use Coupons & Save	Buy one extra item	Fill 1 Juice / Soda Bottle	Complete 1 Quick project
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For More information, visit: [SimpleFamilyPreparedness.com/Get-Started-On-Emergency-Preparedness](http://SimpleFamilyPreparedness.com/Get-Started-On-Emergency-Preparedness)