



KIRK O' THE VALLEY

~ A SCHOOL COMMUNITY SINCE 1961 ~

EMERGENCY PREPAREDNESS KITS

The following is a list of items to include in your child's individual emergency kit. Please take into consideration your child's personal tastes.

Please use a one gallon, zip-lock baggie (freezer weight is best) clearly labeled with your child's name and room number. All cans should be pop-top; not needing a can opener.

LIST - with suggested items

Protein - One can of tuna, chicken or meat or a package of unsalted nuts

Fruit - One can of fruit or applesauce

Carbohydrate – a single serving package of unsalted crackers or graham crackers

One granola bar

One package of raisins or other dried fruit

Two small cans of fruit juice – **No pouches as they expand and explode**

One plastic spoon

One solar blanket (available at sporting goods stores)

Any labeled medication that is taken daily (include name of medicine and directions)

A small family photo along with a reassuring note to your child

PLEASE DO NOT SEND MORE THAN THE LISTED AMOUNTS. STORAGE IS A CONSIDERATION.

The kit will be returned to you at the end of the school year.