

Good2UGood4U:

Healthy Couponing Part 3: Are You Ready?

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**If you are ready, what will you do to help others get ready?
If not, what will you do to get ready?**

This can have both spiritual and practical meaning. Remember the story of the 10 Virgins. Matthew 25:10 ¹⁰“But while they were on their way to buy the oil, the bridegroom arrived. The virgins who were ready went in with him to the wedding banquet. And the door was shut. (NIV) Spiritually we need to be ready as we know not when our time has come. We must ask ourselves are we ready to meet Jesus?

It is hurricane season in our area. In light of the recent devastation and loss of life in Texas, it is good to ask the question: Are You Ready on a practical level. Being ready is also a calming and learning experience for our children on how to manage crises. Here are some tips from FEMA. It even includes some online games for kids to help them feel a part of the preparation process.

If a big storm is coming...

- Fill your car with gas
- Fill plastic bags with water and place them in the freezer
- Get extra cash out of the bank
- Fill prescriptions **AND TAKE THEM WITH YOU READY**

Emergency Backpack Kids can make	Knowledge Empowers Kids too!
<ul style="list-style-type: none"> • 3-day supply of non-perishable food (dried fruit, canned tuna fish, peanut butter, etc.) • Can opener • First aid kit • Sleeping bag or warm blanket for everyone in your family. Travel pillows too. • Change of clothes to last 3 days, including sturdy shoes • Matches in a waterproof container • Toothbrush, toothpaste, soap, deodorant • Paper plates, plastic cups& utensils • Paper towels & unscented baby wipes • Water – at least a gallon per person, per day • Battery-powered or hand-cranked radio • Flashlights with extra batteries • Cell phone & charger, extra battery/ solar charger • Whistle to signal for help • Local maps (traffic lights won't work) • Pet and/or baby supplies • Books, games or puzzles • A favorite stuffed animal or blanket • Medicines you take 	<p><u>Call a Family Meeting and Make a Plan!</u></p> <ul style="list-style-type: none"> • Pick the same person for each family member to call or email. • Text, don't talk, unless it's an emergency • It may be easier to send a text, if you have a phone, so you don't tie up phone lines for emergency workers. <p><u>Create a fire escape plan that has 2 ways out of every room</u></p> <ul style="list-style-type: none"> • Practice it twice a year. • Choose a meeting spot near your home, then practice getting there. • Choose a spot outside of your neighborhood in case you can't get home. • Practice getting there from school, your friends' houses, and after school activities <p style="text-align: center;">http://www.ready.gov/kids</p>

Find the words in the FEMA Emergency Supplies List

W J D G K O M U M L L L P G E S P E N C L Y E B P
 K F Z I P P E R B A G S P A E I Z N N A D H X S A
 T T Z K V N C B Z C L D R M P H K X Q S X I T E P
 Z H R W V M H X N F Q J A T X E O R W H U O R I E
 F D D L K W U Y S W K G R B O R R B O L W X A L R
 E E X O S L K C I D D U R V I Q B Z I M E Z B P P
 T C M J O G R E G R A H C R A L O S K V M P A P L
 S A L I S F R U A S T H G I L H S A L F A D T U A
 A N S A N X Y O B Q T B M B A G O G I O Q N T S T
 P O E E K I B P L A S T I C U T E N S I L S E Y E
 H P B J L L N U P Y S C H C E M P L T O M B R B S
 T E V A E D R E A U C L H S X M E M E Q A L I A S
 O N N V C W N D H J S L E M U V E P N B V A E B O
 O E A C D K E A F Y O Y T E A R A R Y U Y P S L M
 T R N E R E P W C R G K A R P P B W G D E R T O A
 T N F I R S T A I D K I T D E I I H A E E A O Y T
 S C A H J A P N C W M G E R M P N E T L N Z D S C
 E E T R E Z E J H K G E T N E L R G O O Q C N G H
 H Y L V O B N I P B O O K S E U A O B Y O X Y A E
 T O Z Q L D S O U B W R X P O I C X H A L T W B S
 O E X E M T O P V E P L L Y E L B S F W G H U H Z
 L T A D L Y S E L H P M E D I C I N E S N J M S H
 C C V E J Q R S D Q I R E N O H P L L E C A T A G
 H D S L I C N E P J A E S U M W Y N F F P O E R H
 D M H L M G Y R J C C M H L Y Q B T P S B A O T D

ARE YOU READY
 EMERGENCY
 CAN OPENER
 FIRST AID KIT
 SLEEPING BAG
 MATCHES
 PAPERPLATES
 PLASTIC UTENSILS
 PAPER TOWELS
 BABY WIPES
 FLASHLIGHTS
 EXTRA BATTERIES
 WHISTLE
 BOOKS
 TRAVEL BOARD GAMES
 CELLPHONE
 SOLAR CHARGER
 3 DAY SUPPLY FOOD
 CASH
 PAPER
 PENCILS
 BABY SUPPLIES
 CANDLES
 TOOTHBRUSH
 TOOTHPASTE
 FEMININE HYGIENE
 DEODORANT
 TRAVEL SOAP
 TRASH BAGS
 ZIPPER BAGS
 CHLORINE BLEACH
 BACKPACK
 CLOTHES
 THREE DAYS
 MEDICINES
 COOLER
 MAPS



Now some of you may ask- what does this have to do with coupons and saving money Renee? Well I will tell you. This is also Back-To-School time and tax free weekends on some states with awesome deals and plenty of sales and coupons in the Sunday newspaper for backpacks, coolers, ice packs. This is a great time to stock up on emergency items, such as non-perishable food such as shelf stable milk, cereal, peanut or almond butter jar or individual cups/pouches, dried fruit, pouch fruit, canned fruit in 100% juice, bottled water, travel size toiletries (Dr Bronner's travel liquid soap at Target \$1.99 each). If you have a store reward card, this is the time to cash in your points from Savingstar or Walgreens or CVS Xtra Bucks. Use CVS percentage off coupons with a sale item to save even more money. Stacking is the use of multiple savings such as store coupons, manufacturers' coupons and/or sales for the same item to "stack" up the savings. Stack the savings-Stack on your devotions (Bible, Sabbath School Lesson -Prayer Time - other devotionals) to save money and your soul. But mostly stack the love you show the world.

The Take Back Tour Health Ministry is the health ministry of the Philadelphia 7th Day Adventist Church in Burlington, NC. Visit us at www.thetakebacktour.com