

# Emergency Kits

A personal emergency kit is a Ziploc bag filled with healthy snacks for your child to eat in case of an emergency (ex: Earthquake, lockdown, etc.) We would like for you to put this kit together with items that are familiar to your child and are of your child's preference. Explain to your child that the bag is to be used in case of an emergency only and the teachers will let them know when they are supposed to use that food. Each September the bag will be sent home to be restocked, please check on expiration dates for longevity of items. The emergency kits will be stored in your child's classroom.

**Please pack food items in a large Ziploc bag (gallon size or larger).**

- All kits must have one 20 oz bottle of water

**Some suggested food items are:**

**1 day food supply needed & NO Nuts/Peanuts/Tree nuts**

- Cans of juice
- Calorie bars (example Balance or Zone bars)
- Granola or cereal bars
- Dried fruits
- Pull-top cans of fruit
- Pull-top cans of meat (Tuna or Chicken)
- Boxes of dried fruit or fruit rolls
- Cracker and cheese snacks

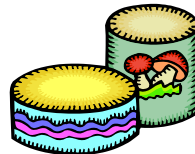
**Other items:**

- 6 disposable diapers & wipes (for all children who have not mastered the potty learning process)

*\* Please do not send box drinks or foil top containers, they do not store well throughout the year.*

*Try to include combinations of items listed using foods that you know your child will eat. **Include a picture of your family with a note.***

**Please label the bag with your child's name and date.**



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Revised 8/2017