

# 2026 MISSION READY

## PREPARING OUR FAMILIES FOR ANYTHING



### STAY CONNECTED, STAY SAFE

Clear, reliable communication is the foundation of family readiness—and in any emergency, it is the highest priority. Before focusing on tools or technology, every family should have a Family Emergency Communication Plan in place. This plan ensures that everyone knows who to contact, how to reconnect, and what to do if normal communication is disrupted.

A strong Family Emergency Communication Plan answers three critical questions: Who will we contact? How will we communicate? Where will we reconnect if separated? Families should identify a local contact and an out-of-area contact who can help relay information if phone lines are overwhelmed. Discuss primary and alternate communication methods such as calls, texts, messaging apps, or email, and establish clear expectations for check-ins during emergencies, deployments, or periods of separation.

Once the plan is established, create an emergency communication card for each family member. These cards should include emergency contacts, the out-of-area contact, medical information, and unit or command points of contact. Keep them in wallets, backpacks, purses, or saved digitally so they are always available when needed.

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Next, test multiple communication methods to ensure everyone knows how to use them and understands which options work best under different conditions. Practice the plan with your family so it becomes familiar and easy to follow during stressful situations.

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Finally, talk through your communication plan for deployment or separation. Agree on how often you will communicate, what methods you will use, and what steps to take if communication is interrupted. Having these conversations ahead of time reduces uncertainty and strengthens resilience. Clear communication ensures families are never truly apart. By prioritizing a Family Emergency Communication Plan and staying connected, we keep our families safe, confident, and ready for anything.

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### GRAINS & CARBOHYDRATES



#### Week 1

1 Large box of crackers & a manual can opener

#### Week 2

2 boxes of ready-to-eat cereal or granola

#### Week 3

2 boxes of pasta and 1 large jar of pasta sauce

#### Week 4

2 large boxes of instant oatmeal