

2026 MISSION READY

PREPARING OUR FAMILIES FOR ANYTHING



KNOW YOUR RISKS, MAKE A PLAN

Emergencies rarely come with warning—but preparation gives our families confidence when it matters most. Knowing what risks are most likely in your community and having a clear plan in place can make the difference between panic and purposeful action. This month, we're focusing on two readiness fundamentals: understanding your local hazards and making a plan everyone in your household knows and can follow.

Know Your Risks [CLICK HERE](#)

Every region faces different natural hazards. Take time as a family to identify the most likely threats where you live—such as earthquakes, wildfires, flooding, severe winter weather, or extreme heat. Understanding these risks helps you prepare smarter, not harder. Review local emergency alerts, community hazard maps, and guidance from emergency management agencies so you know what to expect and how officials may respond.

Make and Rehearse a Plan [CLICK HERE](#)

A plan only works if everyone understands it. Review your evacuation routes and identify multiple ways to leave your neighborhood in case one route is blocked. Decide where your family will go if you must evacuate and establish meeting places both near your home and outside your area. Practice your plan together—especially with children—so each family member knows their role and what to do if you are separated or under stress.

Build and Refresh Your Home Emergency Kit [CLICK HERE](#)

Your emergency kit supports your plan. Check your supplies and refresh them as needed. At a minimum, your kit should include food and water, medications, first aid supplies, flashlights, batteries, important documents, and items specific to your family's needs. Rotate food, water, and medications regularly so everything is ready when you need it.

Preparation doesn't eliminate emergencies—but it does reduce fear and confusion when they happen. By knowing your risks and making a clear, practiced plan, you're strengthening your family's readiness and resilience. Being prepared and informed helps ensure that when disaster strikes, your family can respond calmly, confidently, and together.

PROTEINS



Week 1

4 cans of tuna, chicken, or other canned meat

Week 2

1 large jar of peanut butter

Week 3

4 cans of beans (such as kidney, pinto, or black bean)

Week 4

1 bag of nuts and 1 bag of trail mix