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Prepared in Heart and Home

May: Shelter in Place (SIP) Basics

Theme: Safety, Shelter & Tools

Goal: Strengthen your home's readiness with simple safety measures, essential tools, and a clear plan for sheltering in place.

Monthly Focus: Preparedness isn't only about what you store—it's also about how you respond when something unexpected happens at home. This month focuses on creating a safe, functional environment by making small but meaningful upgrades: identifying a shelter-in-place space, building confidence with basic emergency tools, and putting simple safety systems in place. With home improvement sales and seasonal transitions, it's the perfect time to prepare your home in ways that bring both protection and peace of mind.

3 - Tier Budgeting Pathway

Tier 1 – Quick Safety Add-Ons

Cost: ~\$15-\$40

Pick up a few simple tools you can use right away: a whistle, a flashlight, and either a battery-powered or hand-crank radio. These are easy to store, affordable, and immediately increase your household's ability to respond in an emergency.

Tier 2 – Basic Shelter Space

Cost: ~\$50-\$100

Identify a space in your home that could function as a temporary shelter. Add a few comfort and safety essentials:

- Blankets
- Bottled water
- Snacks
- Flashlight or lantern
- Phone charger or power bank

Keep items together in a basket or bin so they're easy to grab when needed.

Tier 3 – Expanded Shelter System

Cost: ~\$125+ (build over time)

Turn your space into a more complete system by adding:

- Plastic sheeting + duct tape
- Hygiene supplies (wipes, sanitizer, gloves)
- Backup lighting and extra batteries
- A dedicated tote or gear bag for organization

This tier creates a more durable, longer-term setup that supports your household staying safely at home if needed.

Tool or Skill of the Month: Fire Ready — Extinguishers & First Response Basics

Why it matters: Small fires can escalate quickly, but a working fire extinguisher—and knowing how to use it—can stop a situation before it grows.

What to do: Check that you have at least one fire extinguisher in key areas (kitchen, garage, or near bedrooms). Review the PASS method (Pull, Aim, Squeeze, Sweep) and check expiration dates.

Try this: Do a quick home check: Where are your extinguishers? Could you access one in under 10 seconds? If not, adjust placement.

Tool or Skill of the Month: If This, Then This Guide

- If a pipe bursts → Shut off water + move items away
- If a small fire starts → Use extinguisher (if safe) or evacuate
- If power goes out → Use flashlights, unplug major appliances
- If you smell gas → Leave immediately + call from outside



Dear Homemaker,

May often brings a heightened awareness of the home. Storms move in quickly, the weather shifts without much notice, and the spaces that shelter us each day take on a deeper importance. It's a natural season to pause and consider how well our homes support us—not just in comfort, but in moments that require calm and readiness.

As you move through your home this month, consider where small adjustments might make it easier to respond when needed. A flashlight that's easy to find, a space that could serve as a place to gather, or a system that would benefit from a bit more clarity. Often the most meaningful preparations are not large or complicated, but simple choices that make the home easier to navigate with confidence.

A well-prepared home does more than provide protection. It supports the steady rhythms of family life—meals shared, routines followed, and a sense of security that allows everyone to rest more easily. When our homes are thoughtfully arranged, they help us respond with clarity instead of confusion. This month is simply an invitation to become more familiar with your home, to make a few intentional adjustments, and to create a space that feels both safe and steady for the days ahead.

Prepared with intention, steady in the moment, at peace within your home.

A Friend in the Storehouse

10 Simple Tips for Disaster Preparedness at Home

1. Keep a flashlight within reach in key rooms. *Place one in your bedroom and main living space for easy access.*
2. Set a pair of sturdy shoes near your bed. *Be ready to move safely if needed.*
3. Choose a designated gathering space. *Decide where your household will go if you need to stay inside.*
4. Store a small supply of water in one central location. *Even a few bottles provide a helpful starting point.*
5. Keep a phone charger or power bank nearby. *Make staying connected simple and reliable.*
6. Walk your exits and clear any obstacles. *Ensure pathways are open and easy to navigate.*
7. Group essential items into one bin or basket. *Keep basics together for quick access.*
8. Add a blanket or extra layer to your main space. *Comfort supports calm in unexpected moments.*
9. Make key items visible, not tucked away. *What you need should be easy to find at a glance.*
10. Talk through a simple plan with your household. *A short conversation builds confidence for everyone.*