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**January 18, 2018**  
*PRESS RELEASE*  
FOR IMMEDIATE DISTRIBUTION

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## **SPALDING COUNTY SENIOR NUTRITION PROGRAM IN COORDINATION WITH THE COUNCIL ON AGING DELIVERED EMERGENCY PREPAREDNESS KITS TO MEALS ON WHEELS RECIPIENTS**



Just in time for Wednesday's Winter Storm, the Spalding County Senior Nutrition Program delivered Emergency Preparedness Kits to Meals to Wheels recipients on Tuesday, January 9, 2018.



Many Meals on Wheels recipients in Spalding County do not possess the resources to obtain vital emergency items that are needed to sustain Georgia's unpredictable winter season. With the support of grant funding from Council on Aging for McIntosh Trail Inc., Spalding County Senior Nutrition Program provided 100 Emergency Preparedness Kits to Meals on Wheels recipients. The kits consist of basic necessities such as flashlights, weather radios, a blanket, first aid kit, candles, and general emergency preparedness information. Each kit is designed to sustain recipients for up to 72 hours in the event of emergency weather.

The Spalding County Senior Nutrition Program encourages all older adults and their families to discuss emergency preparedness as well as develop their own kits to provide the basic necessities during a winter weather emergency event.

An emergency supply kit should include essential items that would last at least 3 days. Include in the kit a list of doctors, personal medications, and associated dosage or treatment information as well as pack a travel-size emergency supply kit with water, non-perishable food, a can opener, a first-aid kit, flashlights, a small battery-operated radio, extra batteries, medications, and an emergency contact card with names and phone numbers of family members and/or friends.

During an emergency weather event, it is important to remember loved ones. Personal support networks are critical for the safety of senior citizens during emergencies.

### ***Prepare your own Emergency Kit***

Include:

- A battery-powered radio and extra batteries
- Non-perishable food and a can opener
- Water
- Flashlights
- Candles
- First aid kit
- Medications



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