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THE GREEN HOUR

What you learn today, you can use today.™

Dr. Paul Hopkins, N.D.
Host | Naturopathic Doctor

Big B™ Bil "One L" Morgan
Co-Host | Health Advocate

EVERY SUNDAY | 3 PM – 4 PM ET

EMERGENCY PREPAREDNESS

A Family Guide for Power Outages, Disruptions & Extended Emergencies

INSIDE THIS QUICK REFERENCE GUIDE

- The Pentagon's FORTRESS America Initiative & the 90-Day Planning
- What It Means for Your Family
- Step-by-Step Preparedness Checklists
- Food, Water & Supply Storage
- Backup Power & Communication
- Sanitation & Waste Disposal
- Medical & First-Aid Essentials
- Get to Know Your Neighbors
- Recommended Reading
- Trusted Resources & Suppliers
- Off-Grid AI Access (An Overview)







- Prepare Your Family.
- Protect Your Health.
- Build Community Resilience.

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What Is Happening & Why?

Emergency Preparedness | Family Quick Reference

PENTAGON FORTRESS AMERICA PLANNING

Reports about the Pentagon's **FORTRESS America** initiative describe efforts to help military installations sustain essential operations during major disruptions, including a reported **90-day** resilience planning goal.

Important: Military contingency planning is not a warning that a nationwide 90-day power outage has been announced or is imminent. The reported duration should not be treated as a prediction.

WHAT THIS MEANS FOR YOUR FAMILY

- Prepare for common emergencies first: storms, local blackouts, water disruptions and evacuation.
- Start with a 72-hour supply, then build toward two weeks; expand further if practical.
- Make a plan for anyone who needs powered medical equipment, refrigeration or assistance.
- Know how to receive local alerts and when to evacuate rather than shelter in place.

KEY MESSAGE

Preparedness, not panic. Focus on food, water, medicine, safe power, sanitation, communication and trusted neighbors.

Further reading: FEMA Ready.gov (ready.gov); U.S. Department of Defense announcements (defense.gov). Verify specific claims about 90-day requirements against primary documents.

Three-Level Family Plan

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BUILD IN STAGES

LEVEL 1 — 72 HOURS

Water, ready-to-eat food, medications, flashlight, radio, phone charging, first aid and family contact plan.

LEVEL 2 — 14 DAYS

More food and water, hygiene and toilet supplies, cooking plan, backup power for essentials and supplies for pets.

LEVEL 3 — 30 TO 90 DAYS (OPTIONAL)

Additional shelf-stable food, carefully planned water storage, backup energy, replacement supplies and neighborhood coordination.

WATER PLANNING

Plan for **at least 1 gallon per person per day** for drinking and basic sanitation; more may be needed for heat, illness, pregnancy and pets.

• 1 person: 3 days = 3 gallons; 14 days = 14 gallons; 90 days = 90 gallons.

• 4 people: 3 days = 12 gallons; 14 days = 56 gallons; 90 days = 360 gallons.

PRIORITIZE WHAT MATTERS

- ■ Buy supplies gradually within your budget.
- ■ Rotate stored food and water; label purchase and replacement dates.
- ■ Practice a family drill and review your plan every six months.

Essential Supplies Checklist

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WATER AND FOOD

- Water: 1 gallon per person per day; safe food-grade containers.
- Shelf-stable food: canned vegetables, fruit, beans, fish, nut butter, grains.
- No-cook meals and a manual can opener; account for dietary restrictions.
- Water treatment suited to the threat; boiling does not remove chemicals.

POWER AND COMMUNICATIONS

- Battery or hand-crank NOAA weather radio; flashlights and spare batteries.
- Phone power banks; battery station or generator sized for essential loads.
- Carbon monoxide alarms; never use generators or grills indoors.
- Paper maps, written contacts, evacuation routes and emergency cash.

SANITATION, MEDICINE AND SPECIAL NEEDS

- Portable toilet or bucket system; waste bags, absorbent gel and gloves.
- Soap, sanitizer, toilet paper, disinfectant and sturdy trash bags.
- First-aid kit; medication list, prescriptions and medical supplies.
- Plans for children, older adults, disabilities, pets and powered devices.

Food safety: a closed refrigerator generally stays cold about 4 hours; a full freezer about 48 hours (24 hours if half full). Follow USDA guidance and discard unsafe perishables.

Neighbors & Community

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GET TO KNOW YOUR NEIGHBORS

During a prolonged disruption, nearby people may be the fastest source of practical help. Build trust **before** an emergency.

- Introduce yourself and exchange contact information voluntarily.
- Check whether older or disabled neighbors want a mutual-support plan.
- Agree on a meeting place and an alternative way to communicate.
- Identify skills: first aid, repairs, food preparation and emergency radio.
- Plan how to check on each other without sharing sensitive information.
- Coordinate with local emergency management and community organizations.

FAMILY COMMUNICATION PLAN

- Choose an out-of-area contact and two meeting locations.
- Write down essential numbers, addresses and medication information.
- Keep copies of IDs and insurance information in a protected grab-and-go bag.
- Keep a vehicle kit and fuel or charge available when severe weather threatens.

ONE CONVERSATION TO START TODAY

“If the power and phones went out tonight, how would we check on one another?”

Books & Trusted Resources

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RECOMMENDED READING

Ted Koppel — *Lights Out* (2015). Investigative nonfiction about cyber threats to the electrical grid and gaps in national preparedness.

William R. Forstchen — *One Second After* (2009). A fictional novel imagining an EMP-related breakdown and its consequences for a community. It is a story, not a prediction.

GOVERNMENT AND NONPROFIT REFERENCES

- FEMA: ready.gov — emergency planning, kits and evacuation.
- CDC: cdc.gov/prepare-your-health — health and water safety.
- USDA: foodsafety.gov — refrigerated and frozen food during outages.
- NOAA: weather.gov/safety — weather alerts and safety.
- American Red Cross: redcross.org — preparedness and response.

SUPPLIERS TO COMPARE

- My Patriot Supply: mypatriotsupply.com — emergency food and gear.
- ReadyWise: readywise.com — shelf-stable food kits.
- Midland: midlandusa.com — weather radios.
- Cleanwaste: cleanwaste.com — portable waste disposal products.

No supplier endorsement implied. Check price, calories, water needs, shelf life, safety certifications and return terms before buying.

Off-Grid AI Access

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A LOCAL KNOWLEDGE LIBRARY

An AI assistant can run **locally** on a compatible laptop or small computer without internet access if the model, software and documents are downloaded and tested in advance.

SETUP CHECKLIST

- ■ Choose a computer that can run the local model you select.
- ■ Install the model and software while internet is available.
- ■ Download trusted offline manuals: first aid, food safety, water and equipment.
- ■ Test the system with Wi-Fi and cellular data turned off.
- ■ Keep a power budget for the computer and a safe backup charging method.
- ■ Keep printed copies of essential procedures and emergency contacts.

KNOW ITS LIMITS

Offline AI cannot fetch live alerts, current road closures, new medical guidance or real-time weather without a connection. It can also make mistakes. For emergencies, prioritize official alerts, printed instructions and professional help.

Possible uses: searching saved reference documents, organizing supply inventories, explaining manuals and drafting family checklists.

First 30 Days: Action Plan

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WEEK-BY-WEEK PREPARATION

WEEK 1 — WATER & CONTACTS

- ■ Store three days of water.
- ■ Create a family contact and meeting plan.

WEEK 2 — FOOD & MEDICINE

- ■ Build three days of no-cook meals, then extend.
- ■ Review prescriptions and special medical needs.

WEEK 3 — POWER & SANITATION

- ■ Get a weather radio, lights and charging plan.
- ■ Prepare a safe emergency toilet and hygiene kit.

WEEK 4 — PRACTICE & COMMUNITY

- ■ Check on neighbors and establish a mutual-support plan.
- ■ Run a short power-outage drill and identify gaps.

MONTHLY MAINTENANCE

- ■ Check batteries, expiration dates and stored water.
- ■ Review local weather risks and evacuation guidance.
- ■ Refresh household inventories and emergency contacts.

Key Takeaways & Contacts

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SEVEN ESSENTIALS TO REMEMBER

- Water
- Food
- Medical needs
- Safe backup power
- Sanitation
- Communications
- Neighbors and community

KEEP THE RIGHT PERSPECTIVE

A reported military 90-day resilience target is **not** a forecast of a nationwide blackout. Start with realistic, everyday emergencies, build supplies steadily and verify information through official sources.

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Information only: This guide does not replace emergency alerts, medical care or public-health instructions.