

# THE RESILIENT HOUSEHOLD

Version 1 -- 8/22/2009

## FINANCIAL

### *Essential*

- Keep enough cash on hand for at least one months' worth of family expenses
- Diversify your bank accounts

### *Good Idea*

- Convert cash and other financial assets *now* to:
  - (a) items that you would have to purchase anyway in the next year or two
  - (b) tools, supplies, and other useful things, especially for food production
- Minimize debt, especially debt where being unable to pay would result in forfeiture of an essential asset

## FOOD

### *Essential*

- Maintain a "buffer supply" of food equal to at least three months of your family's consumption

### *Good Idea*

- Convert as much of your yard as possible to garden beds for food production
- For purchased food, find local sources and buy as much as you can from them

## WATER

### *Essential*

- Store at least several day's worth of drinking water
- Install a high quality water filtration system on your kitchen sink; make sure it can filter biological pathogens

### *Good Idea*

- Have sufficient rainwater capture capacity to supply your family with drinking water for three weeks---and have the means to treat or filter that water
- Install additional rainwater capture capacity that can also be available for watering your garden plants during dry weather

## ENERGY

### *Essential*

- Have sufficient battery or generator backup to keep your refrigerator(s) and freezer(s) running for at least a week.

### *Good Idea*

- Reduce your energy requirements
- Add solar hot water and/or solar PV
- Begin learning and using passive solar techniques

## HEALTH

### *Essential*

- Keep a broad range of basic health care and first aid supplies on-hand
- Get in shape

### *Good Idea*

- Address any lingering or long-ignored health or habit issues
- If you are on medication but think you could be *off* medication by modifying your diet and exercise habits, or other natural means, do so