

JANUARY

Week 4

Caned Meats: Tuna, Spam,
Chicken, Dried Beef, etc.

Week 3

Medicine Chest: Pepto Bismol,
Cough Syrup, Tylenol, Calamine
Lotion, Kaopectate, Ipecac,
sunscreen, etc.

Week 2

Grains: 5 lb. Sack of White Flour
3 Boxes of Corn Bread Mix

Week 1

Water: 2 gallons water per family
member.

FEBRUARY

Week 4

Solid vegetable shortening: 12 lbs.
per person.

Week 3

Peanut Butter: 10 lbs. per person

Week 2

Water: 2 more jugs per person!

Week 1

First Aid Supplies: Band aids,
antibiotic ointment, Ace bandages,
steri-strips, butterfly bandages, etc.

MARCH

Week 4

Rice: buy 10, 15, or 20 lbs. Counts
toward grain total. (Buy varieties -
like wild rice, white rice, brown, etc.)

Week 3

Spices & Herbs: Garlic Powder,
Pepper, Cinnamon, Oregano, etc.
Look for bargains at health food
stores.

Week 2

Mixes: Cake, pancake, muffin, etc.
Purchase or make your own...counts
for part of grain requirement. (You
need an annual total of 300 lbs. of
grain products per adult.

Week 1

Juices: Avoid watered products. Get
100% juice.

APRIL

Week 4

Emergency Sewing Kit: thread, pins, needles, buttons, snaps, zippers, tape measure, scissors.

Week 3

Dry Milk: 100 lbs. per person per year.

Week 2

Pasta: Select a variety (avoid “egg noodles”) - counts toward grain total.

Week 1

More 1st Aid: gauze patches, swabs, cotton balls, tape, etc.

MAY

Week 4

Buy garden seeds locally, if you haven't mail-ordered them. Get only what you will plant and eat.

Week 3

Variety: Gelatin or Pudding mixes. (Sugar Free stores best - longer.)

Week 2

Variety: Dry or Canned Soups

Week 1

Flour: Consider your family's needs. 50 lbs. per person, counts toward grain total.

JUNE

Week 4

Vinegars: If you make pickles, have several gallons on hand. Don't forget the many other uses for vinegar!

Week 3

Paper Products: Paper Towels, Toilet Paper, aluminum foil, garbage bags, freezer bags, etc.

Week 2

Freeze Cheese. Grate and freeze for casseroles or soups.

Week 1

More Flour! 50 lbs. per person total. Counts toward grain total.

JULY

Week 4

Canned Milk - evaporated as well as "Eagle Brand."

Week 3

Canned Goods: Buy what your family will eat: Veggies: 150 lbs. per person; Fruits: 80 quarts per person.

Week 2

Jams & Jellies: Buy what you will not make yourself.

Week 1

Condiments: mustard, mayonnaise, relish, worcestershire sauce, catsup, etc.

AUGUST

Week 4

More canned fruits & veggies: 150 lbs. per person on veggies, and 80 quarts on fruits.

Week 3

Tomato Products: Juice, Sauce, whole tomatoes, stewed, paste. Buy it or make them. Part of veggie total.

Week 2

Baking powder, soda, cornstarch:
Baking powder: 2 lbs. / person.
Baking soda: 3 lbs / person

Week 1

Back to school & office supplies.

SEPTEMBER

Week 4

Sweeteners: Honey, molasses, etc. Artificial Sweeteners. Counts towards sugars.

Week 3

Dried Beans, peas, lentils. 100 lbs. per person.

Week 2

Can or freeze veggies from garden or fresh purchased. Or, buy more canned veggies. Remember: 150 lbs./person/year.

Week 1

Buy an extra 25 lbs. of sugar. (100 lbs. per person total.)

OCTOBER

Week 4

Can something with apples, or make apple fruit leather!

Week 3

Canned Soups: counts toward veggies.

Week 2

Personal products: soap, deodorant, shampoo, toilet paper, etc. Hand soap: 15 bars /person. TP: min. 1 roll per week

Week 1

Iodized Salt: Ten or more containers. For canning use, get canning salt.

NOVEMBER

Week 4

Sugars: brown, white, powdered. Counts toward 100 lbs/person total.

Week 3

Grains: Rolled oats, corn meal, cream of wheat, barley, etc.

Week 2

Treats for baking: cocoa, coconut, nuts, chocolate chips, etc.

Week 1

Vitamins: Get some extra C and Calcium. Need 365 vitamins/person.

Buy Halloween Hard Candies on sale. Great change for kiddos.

DECEMBER

Week 4

Merry Christmas!

Give yourself a great gift - security of a year's supply of food!

Week 3

Popcorn: Go for the big bags. Counts toward grains. (NOT the microwave kind - you may not have power!)

Week 2

Candles & Matches: Put in a cool place and in a sturdy box (preferably fireproof) that you can locate in the dark. If you have oil lamps, buy oil and wicks!

Week 1

Vegetable and olive oils. Get a good quality. 12 lbs. per person.

MONTHS WITH FIVE WEEKS:

Check your water supply. **Water is the MOST important part of food storage!**

Add things like cord, twine, flashlights, batteries, etc.

Don't forget toothpaste, floss, mouthwash, razors, shaving cream, feminine products, etc.

What about extra prescription medicines? Ask your pharmacist how long you can store things like insulin, etc.

Add things that your family likes - Rice-a-Roni; Macaroni & Cheese; Gravy Mix, etc.

NOTE: YOU MUST ROTATE YOUR FOOD STORAGE (in other words, this entire list should be replaced each year, because you are using what you store!).

Most foods need to be stored in a cool, dry, dark place to last longer. Don't rely solely on your freezer. Foods stored there have a lesser shelf-life, and if the power goes out, you have 3 days worth of food - at best.

For creative ways of "where to put all this food," recipes, and a food calculation for your family, go to: www.myfamily.com and select "preparedness."