

WEEK BY WEEK FOOD STORAGE PLANNER

Each week has a storage item to buy and some show totals for a year supply. You don't need to buy the entire supply at once. Review the list so you can watch for sales on items listed in other months. If there are items unsuitable for your family, change that week to fit your needs. Multiply amounts for your family size, buy the amounts you can afford, check off your list, and replace items as they are used.

JAN. Week 1		<u>After Christmas Sales:</u> stock up on socks, blankets, sheets, outerwear
Week 2		<u>First Aid Supplies:</u> Band-aids, calamine lotion, alcohol, peroxide, etc.
Week 3		<u>Medicine Chest:</u> pepto bismal, pain relievers, cold medicine, etc.
Week 4		<u>Storage Containers</u> to organize food and non-food items
FEB. Week 5		<u>Canned Meats:</u> tuna fish, chicken, turkey...aim for 10 cans this week.
Week 6		<u>Mixes:</u> Pancake, muffin, Bisquick, or homemade.
Week 7		<u>Personal products:</u> soap, deodorant, TP, feminine products.
Week 8		<u>Oils:</u> shortening, any oils you use--be sure to date & rotate. 20# recommended per person.
Week 9		<u>Peanut butter</u> (peanut butter powder is a good addition) and <u>cereals</u>
MAR. Week 10		<u>Dry Milk:</u> 35# per person recommended. 40 oz. will make 5 gal.
Week 11		<u>Pasta:</u> Buy at least 5-10 lbs.. 100# pasta & flour recommended per person.
Week 12		<u>Rice:</u> Buy white, brown, or both in poundage to suit your family.
Week 13		<u>Personal products:</u> shampoo, lotion, toothpaste, razors, floss, shaving cream
Week 14		<u>Juices:</u> Get 100% juices in flavors to suit your family. Don't forget lemon.
APR. Week 15		<u>Spices / Cooking Items:</u> herbs, pepper, cinnamon, baking soda / powder, salt.
Week 16		<u>Garden Seeds</u>
Week 17		<u>Batteries:</u> stock up on all batteries. Remember your smoke alarms and phones.
Week 18		<u>Flashlights , Candles & Matches</u>
MAY Week 19		<u>Jell-O & Pudding Mixes.</u> Dream Whip or Spiff-E-Whip are also nice additions.
Week 20		<u>Dry Soups & Crackers.</u> Don't forget the grahams!
Week 21		<u>Flour:</u> buy at least 10 lbs., and <u>yeast.</u>
Week 22		<u>Canned Ready Meals:</u> stew, chili, ravioli, etc.--try for 10 cans.
JUN. Week 23		<u>Emergency Sewing Kit:</u> needles, buttons, thread, pins, scissors.
Week 24		<u>Detergent:</u> laundry, dishwasher, cleansers, bleach.
Week 25		<u>Kitchen Items:</u> aluminum foil, plastic wrap, paper towels, garbage bags, ziplocs.
Week 26		<u>Cheese:</u> buy 5 lbs, grate and freeze in smaller bags.
Week 27		<u>More First Aid Items:</u> gauze patches, swabs, cotton balls, medical tape.
JUL. Week 28		<u>Canned Goods:</u> vegetables, fruits, or soups. Goal: 20 cans of what you need.

Week 29	<u>Canned Milk</u> : evaporated or sweetened condensed milk.
Week 30	<u>Water</u> : fill those jugs! 14 gal. per person will last for 2 weeks.
Week 31	<u>Jams & Jellies</u> , or supplies to make them yourself.
AUG. Week 32	<u>Condiments</u> : ketchup, mayo, mustard, relish, dressings.
Week 33	<u>Sugar</u> . Goal: 25 lbs. this week. Can add white, brown and/or powdered.
Week 34	<u>Fruit</u> : whatever your family likes--dried, frozen, freeze-dried or canned.
Week 35	<u>Tomatoes</u> : whole, crushed, sauce, juice, etc.
SEP. Week 36	<u>Canning Items</u> : anything you need (pectin, jars) to can for this month and future.
Week 37	<u>Home Preparedness</u> : check fire extinguishers & replace batteries in smoke alarms
Week 38	<u>Vinegar</u> : buy enough for cooking and cleaning.
Week 39	<u>Sweeteners</u> : honey, agave, molasses, corn syrups.
Week 40	<u>Beans</u> : buy a variety.
OCT. Week 41	<u>Freezer</u> : stock up and replace vegetables and meats or other needs.
Week 42	<u>Baking</u> : cocoa, choc. Chips, nuts, coconut, raisins or other dried fruits.
Week 43	<u>Vitamins</u> : get multivitamins and extra Vitamin C; other homeopathic helps.
Week 44	<u>Goodies</u> : hard candies, chocolate bars, dried fruit.
NOV. Week 45	<u>Apples</u> : applesauce, juices, fillings.
Week 46	<u>Popcorn</u>
Week 47	<u>Sugars</u> : brown sugar and powdered if you didn't already purchase.
Week 48	<u>Dry Items</u> : oatmeal, corn meal, germade, etc.
DEC. Week 49	<u>Paper products</u> : disposable plates, cups, bowls, flatware.
Week 50	<u>Pet or Baby Supplies</u> as needed.
Week 51	<u>More Canned Goods</u> : broth, soups, beans, whatever your family uses.
Week 52	<u>Rotate Items</u> : donate foods you can't use fast enough before expiration.

REMEMBER, this is not just for emergencies! Store what your family will eat. This is designed to help you to build a good supply, and to help you save money by planning ahead.