

52 Week Food Storage Purchasing Plan

Use this 52 Week Food Storage Purchasing Plan to help you meet your food storage goals, but remember, "do not go to extremes; it is not prudent, to go into debt to establish your food storage all at once."



Note: Your 72 Hour Kits should be completed and ready for an Emergency.

Week #	Food to Purchase	Purchased On
Week 1 :	30 Gallons of Water	
Week 2 :	50 lbs Wheat	
Week 3 :	2 (5 lb) tubs of Honey & 2.5 lbs Molasses	
Week 4 :	16 lbs Salt	
Week 5 :	8 (3 lb) containers of Shortening, 4 regular & 4 butter.	
Week 6 :	15 lbs variety of Pasta	
Week 7 :	25 lbs Sugar	
Week 8 :	20 lbs Pinto Beans & 5 lbs Lima Beans	
Week 9 :	3 lbs Instant Yeast	
Week 10 :	50 lbs Wheat	
Week 11 :	30 Gallons of Water	
Week 12 :	25 lbs Sugar	
Week 13 :	50 lbs Powdered Milk	
Week 14 :	50 lbs Oats	
Week 15 :	75 lbs Rice	
Week 16 :	6 quarts Cooking Oil (four 48-oz containers)	
Week 17 :	15 lbs variety of Pasta	
Week 18 :	20 cans Evaporated Milk	
Week 19 :	50 lbs Flour	
Week 20 :	50 lbs Wheat	
Week 21 :	25 lbs White Beans	
Week 22 :	2 (5 lb) tubs of Honey & 6 lbs Corn Syrup	
Week 23 :	10 lbs Jams or Preservatives	
Week 24 :	6 quarts Cooking Oil & 4 quarts Olive Oil	
Week 25 :	50 lbs Wheat & 16 lbs powdered Fruit Drink	
Week 26 :	15 lbs variety of Pasta	
Week 27 :	50 lbs Powdered Milk	
Week 28 :	25 lbs Sugar	
Week 29 :	8 lbs Peanut Butter & 3 quarts Mayonnaise	
Week 30 :	50 lbs Flour & 3 lbs flavored Gelatin	
Week 31 :	16 lbs dry Soup Mix and 10 lbs Lentils 5 lbs Split Peas	
Week 32 :	12 lbs Powdered Milk and 5 cans Evaporated Milk	
Week 33 :	10 lbs Masa Harina or other	
Week 34 :	1 (#10) can Powdered Eggs	
Week 35 :	50 lbs Wheat	
Week 36 :	15 lbs Kidney Beans	
Week 37 :	1 container vital Wheat Gluten (at least 3 cups)	
Week 38 :	5 lbs Sugar, 10 lbs Brown Sugar, 4 lbs Powdered Sugar	
Week 39 :	30 lbs Oats	
Week 40 :	3 quarts Salad Dressing	
Week 41 :	12 lbs variety of Pasta	
Week 42 :	5 lbs White Beans, 5 lbs Kidney Beans, 5 lbs Soybeans	
Week 43 :	1 (#10) can Powdered Eggs	
Week 44 :	20 lbs Black beans	
Week 45 :	50 lbs Wheat	
Week 46 :	11 lbs variety of Pasta	
Week 47 :	4 Gallons of Bleach	
Week 48 :	50 lbs Wheat	
Week 49 :	10 lbs Barley and 4 quarts of Vinegar	
Week 50 :	50 lbs Wheat	
Week 51 :	2.5 lbs Baking Powder, 2.5 lbs Baking Soda.	
Week 52 :	50 lbs Rice	

Example of Food Storage Areas



These are the basics for 2 adults for 1 year. Simply multiply this list by the number in your family. You can change items to fit your needs and tastes. You would still need to purchase a grain mill, and also purchase or provide containers, lids, oxygen and moisture absorbers for preserving most of these items.