

## January

"Let every head of household see to it that he has on hand enough food and clothing and, where possible, fuel also for at least a year."

[J. Reuben Clark](#) 1937

### **Spiritual Goal:**

Hold Family Home Evening (FHE) every Monday for one month.

### **Provident Living Goal**

Review your retirement goals. Are you putting enough aside to be able to support yourselves and to do the things you want to do when you retire?

Also change the batteries on your smoke alarms.

### **Storage Goal:**

- 24 cans of meat or fish per person
- 1 gallon of bleach per person
- can opener
- garbage bags
- laundry detergent

### **72 hour kit:**

- Gather a change of clothing including underwear and shoes for each family member--include warm coats and boots, or have them immediately accessible.
- Axe, shovel, bucket and utility knife.
- \$20.00 in cash.
- \$5.00 in change for phone.

## February

"There is a wise old saying "Eat it up, wear it out, make it do, or do without". Thrift is a practice of not wasting anything. Some people are able to get by because of the absence of expense. They have their shoes resoled, they patch, they mend, they sew, and they save money. They avoid installment buying, and make purchases only after saving enough to pay cash, thus avoiding interest charges. Frugality means to practice careful economy."

[James E. Faust](#)

### **Spiritual Goal:**

Schedule time each day to read with your family from the [Book of Mormon](#).

### **Provident Living Goal:**

Plan and carry out a FHE on home fires. Include planning an escape route and practicing it.

### **Storage Goal:**

- 100 pounds (total) pasta and flour per person.
- Hand grain mill.
- Thread needles, buttons, and zippers.

### **72 hour kit:**

- 1 gallon water per person.
- Scriptures.
- Personal documents--genealogical records, wills passports, insurance, contracts, birth certificates, patriarchal blessings, etc.
- \$25.00 cash

## **March**

"The Lord has warned us of famines, but the righteous will have listened to the prophet and stored at least a year's supply of survival food".

[Ezra Taft Benson](#)

### **Spiritual Goal:**

Have family prayer at least once a day. Twice is better.

### **Provident Living Goal:**

Learn a new skill or read a book pertaining to your career.

### **Storage Goal:**

- 50 cans of soup, stew, or chili per person.
- 5 pounds of salt per person.
- 20 pounds of fat, oil, or shortening per person.
- Aluminum foil, plastic wrap storage bags, etc.
- At least 5 gallons of water per person--recommended is 14 gallons/person for 2 weeks.

### **72 hour kit:**

1. 1 pound dried fruit or trail mix per person (can use fruit leather).
2. 1 package soda crackers per person (4 per box).
3. 1 package graham crackers per person(4 per box).
4. 2 liters tomato or orange juice per person (Note: these items will be rotated every 6 months - see [September](#))

Also make a goal to always have the fuel tanks on ALL vehicles at least half full.

- "If ye are prepared, ye shall not fear".  
D & C 38:30

### **Spiritual Goal:**

Attend the temple one more session than you normally do this month.

### **Provident Living Goal:**

If you normally do not grow a garden, plan to grow at least one vegetable this year. If you already have a garden, either grow a vegetable you haven't tried before OR try a new method or technique this year.

### **Storage Goal:**

- 2 pounds yeast per person.
- 2 pounds baking powder per person.
- 1 pound soda per person.

- 1 gallon vinegar per person.
- 10 cans evaporated milk per person.
- 10 pounds peanut butter per person.
- Spices, condiments, and vanilla.

**72 hour kit:**

- 4 granola bars per person.
- 2 sticks beef jerky per person.
- 1 package chewing gum per person.
- Hard candies or lollipops. At least 12 per person (note these items will be rotated every 6 months - see [October](#))

**May**

"The revelation to produce and store food may be as essential to our temporal welfare today as boarding the ark was to the people in the days of Noah.

[Pres. Ezra Taft Benson](#)

**Spiritual goal:**

Share a Book of Mormon with a non-member.

**Provident Living Goal:**

Make a goal and plan to exercise it regularly.

**Storage Goal:**

- 100 pounds variety cereal grains-rice, oatmeal, cornmeal, etc. per person.
- 24 rolls paper towels per person.
- 24 packages flavored gelatin per person.
- Garden seeds.
- 1 small bottle olive oil (for consecrating).
- At least one month prescription ahead for all doctor prescribed medication.

**72 hour kit:**

- Battery powered radio.
- Battery powered light.
- Batteries.

**June**

"We will see the day when we live on what we produce."

Pres. Marion G. Romney

**Spiritual Goal:**

Prepare at least one family name for Temple work.

**Provident Living Goal:**

Make a goal to have 6 months wages in savings for emergencies. Write out a realistic goal to make it happen.

**Storage Goal:**

First aid kit - should include scissors, knife, thermometer, measuring cup, medicine dropper, hot water bottle, triangular bandages, soap, matches, razor blades, needles, safety pins, adhesive tape, elastic bandages, paper bags, gauze bandages, bicarbonate of soda, Ipecac syrup (induces vomiting), ammonia, hydrogen peroxide, calamine lotion (insect bites and sunburn), rubbing alcohol, diarrhea remedy, antibiotic ointment, first aid instruction book, prescription medication, waterproof matches.

**72 hour kit:**

Container for holding kit. Large garbage cans with wheels OR backpack for each family member recommended. Find a place in your home that is easily accessible for storing the kit. You need to be able to grab it at a moment's notice to leave your home. Note: Your first aid kit is also part of your 72 hour kit. Note: Your 72 hour kit is also part of your general storage, but your general storage CANNOT be part of your 72 hour kit.

**July**

"Ye Latter-day Saints, learn to sustain yourselves, produce everything you need to eat, drink or wear,..."

[Pres. Brigham Young](#)

**Spiritual Goal:**

Take the family names you prepared last month to the Temple.

**Provident Living Goal:**

Make a goal to eat healthier. For example: less sweets, more fresh fruits and veggies, less meat, more fiber, etc.

**Storage Goal:**

- 50 pounds sugar or honey per person.
- 10 - #10 cans (35 pounds total) powdered milk per person.
- 2 toothbrushes per person.
- Toothpaste.
- Mouthwash.
- Infant needs-formula, baby food, diapers, Tylenol, etc.

**72 hour kit:**

- Prepare blankets (the silver foil ones).
- Gather items to entertain your family and include in kit; UNO cards, coloring books and crayons, x-stitch kit, etc. Be sure to include paper and pencils.
- Camp stove or portable BBQ and fuel.
- Mosquito repellent.
- \$25.00 cash.

## August

"For the moment we live in a day of peace and prosperity, but it shall not ever be thus. Great trials lie ahead...and we must prepare ourselves temporally and spiritually..."

[Bruce R. McConkie](#)

**Spiritual Goal:** Have Family Home Evenings with family every Monday. Make sure at least one Monday is set aside for doing something really fun for the whole family.

**Provident Living Goal:**

Learn to preserve food in a way you haven't tried before.

**Storage goal:**

- 100 quarts fruit and vegetables per person.
- 24 pints jam or jelly per person.
- Feminine needs.
- School supplies.
- Pet supplies.

**72 hour kit:**

- 1 can tuna per person.
- 1 can pork and beans per person.
- 1/2 pound dried milk per person.
- 2 packets hot chocolate mix per person (or 1 large can per family).
- 2 instant soup packets per person (these should be rotated every year).
- Disposable plates, cups bowls, and flatware.
- Pet supplies - be sure to include dishes, leash, and extra water.

## September

"There is no person who knows the real purpose for which this welfare program is being instituted, but hardly before sufficient preparation has been made the real purpose will be revealed, and when that time comes, it will challenge every resource of the church to meet it."

[Harold B. Lee](#)

**Spiritual Goal:**

Have family scripture study together every day.

**Provident Living Goal:**

Review your will if you have one. Make any needed changes. If you do not have a will, make arrangements to get one. EVERY adult should have a will. Plan and carry out a FHE on the importance of preparedness.

**Storage Goal:**

- 10 - #10 cans (35 pounds total) powdered milk per person.
- 25 pounds canned or dried potatoes per person.
- 50 quarts fruit or tomato juice per person.

## **72 hour kit:**

- 1 pound dried fruit or trail mix per person (can use fruit leather).
- 1 package soda crackers per person (4 per box).
- 1 package graham crackers per person (4 per box).
- 2 liters tomato or orange juice per person (Note: these items will be rotated every 6 months--see [March](#)).

## **October**

"When people are able but unwilling to take care of themselves, we are responsible to employ the dictum of the Lord that the idler shall not eat the bread of the laborer."

[Elder Boyd K. Packer](#)

### **Spiritual Goal:**

Attend one more session of General Conference than you normally do.

### **Provident Living Goal:**

Make a goal to read 30 minutes/day to your children or grandchildren. If you have no children to read to, make a goal to read at least 30 minutes/day just for pleasure.

### **Storage goal:**

- 50 cans of soup, stew or chili per person.
- 10 pounds of cheese per person.
- Shaving supplies.
- Dish soap.

## **72 hour kit:**

- 4 granola bars per person.
- 2 sticks beef jerky per person.
- 1 package chewing gum per person.
- Hard candies or lollipops - at least 12 per person (note these items will be rotated every 6 months-- see [April](#)).
- Check batteries for light and radio. Replace if needed.

## **November**

"The time will come that gold will hold not comparison in value to a bushel of wheat."  
Pres. Brigham Young

### **Spiritual Goal:**

Have personal prayers and scripture study every day.

### **Provident Living Goal:**

Make a goal to reduce your family garbage by recycling more.

**Storage Goal:**

- 100 pounds wheat per person.
- 1 #10 can juice mix with vitamin C per person.
- Hand/shower soap.
- Light bulbs.
- At least one month prescription ahead for all doctor prescribed medication.

**72 hour kit:**

- Soap.
- Toothbrushes and toothpaste.
- Infant needs.
- Feminine needs.
- Disinfectant.
- Aluminum foil.

**December**

"No man is truly free who is in financial bondage. 'Think what you do when you run in debt', said Benjamin Franklin, 'You give another power over your liberty.'"

Ezra Taft Benson

**Spiritual Goal:**

Decide as a family how you can better remember and celebrate the true meaning of Christmas.

**Provident Living Goal:**

Review your insurance coverage, life, household, vehicle. Do you have enough? Could you replace your vehicle or household goods with the coverage you have?

**Storage Goal:**

- 40 pounds dried beans per person.
- Matches.
- Candles.
- Batteries.

**72 hour kit:**

- Garbage bags.
- Candles.
- Matches.
- Can opener