

A weekly guide toward a Years Supply

January

- Week 1: Fill those water jugs--14 gallons per family member for two week supply. Buy water purification tablets or bleach (1 gallon per family member)
- Week 2: Flour-Buy an extra 10 lbs for small family, 25 lbs for large family. Purchase 100 lbs of hard white wheat preferably in plastic storage buckets with tight fitting lids or dry packed in #10 cans.
- Week 3: Salt-iodized (5 lbs per person)
- Week 4: Sweeteners-honey 20 lbs, sugar 25 lbs and any additional sweeteners you can find on sale such as brown or powdered sugar, con syrup, maple syrup or flavorings to make your own.
- Week 5: Powdered milk. 40 oz will make 5 gallons. Buy the equivalent of at least 3 #10 cans of powdered milk this week. . .more if you can.

FEBRUARY

- Week 6: Sugar-buy another 25 lbs.
- Week 7: Peanut Butter-add some jams or jellies. Buy the equivalent of 3 more #10 cans of powdered milk.
- Week 8: Pasta - buy at least 5 lbs. Select a variety.
- Week 9: Canned Meats-tuna, chicken, turkey, ham, spam, dried beef, etc. (10 cans).

MARCH

- Week 10: Condensed soups-also add boxes of favorite crackers.
- Week 11: Laundry items-detergent, bleach, fabric softener, ammonia, disinfectant.
- Week 12: Canned milk, Flour 25 lbs.
- Week 13: Toothpaste, floss, razors, shaving cream.

APRIL

- Week 14: Baking powder, baking soda, cornstarch. Purchase at least 5 lbs. of yeast.
- Week 15: Raisins or other dried fruits. Dried apples from dry pack, fruit leather.
- Week 16: Oats - rolled, quick, cornmeal, Cream of Wheat, etc.
- Week 17: Treats for baking-chocolate chips, coconut, baking cocoa.

MAY

- Week 18: Garden seeds--look for seeds that are non-hybrid. That way you can use the seeds from the plants you grow to grow a garden the next season. Buy a lot of vegetable seeds, they have lots of vitamins and minerals. Include a few flower seeds. In times of emergency, our spirits need brightening, too. Don't forget fertilizer.
- Week 19: Spices-cinnamon, nutmeg, oregano, dried onions, pepper, etc.
- Week 20: Whole wheat flour, wheat, other grains
- Week 21: Paper towels, aluminum foil, wax paper, garbage bags, freezer bags, etc.

JUNE

- Week 22: Graham Crackers, 200 lbs of wheat, 25 lbs of rice.
- Week 23: Personal products-bar soap, deodorant, shampoo, lotion, feminine products.
- Week 24: Canned fruits--buy some or can your own..
- Week 25: Jell-O and pudding mixes. (3) #10 cans of powdered milk.

JULY

- Week 26: Vitamins-multi-vitamins, vitamin C, etc.
- Week 27: Canned potatoes, potato pearls from the dry pack, dried potato slices

Week 28: Canning supplies-jars, lids, sure-jell, paraffin, rings.

Week 29: Kleenex and toilet paper

Week 30: Water storage-check your water supply. Purchase another 55 gallon drum and fill it with water.

AUGUST

Week 31: Catsup, mustard, salad dressing, mayo, pickles

Week 32: Gallon of vinegar, good for cleaning and cooking

Week 33: Candles, matches-put where you can find in the dark. Hurricane lamps and oil.

(NOTE: You should have 1000-2000 matches on hand)

Week 34: Tomato products-juice, sauce, paste, whole, Spaghetti sauce

SEPTEMBER

Week 35: Juices-avoid watered products, but 100% juice, lemon, orange, fruit drink.

Week 36: Mixes: cake, muffin, Bisquick, etc. Purchase or make your own.

Week 37: First Aid Supplies: Band aids, calamine, neosporin, etc.

Week 38: Other medicines: Pepto Bismol, Vicks, Cough Syrup, cough drops, Tylenol

OCTOBER

Week 39: Nuts. Dry roasted store best. Try freezing them.

Week 40: Sewing Supplies-thread, buttons, snaps, zippers, fabric, etc.

Week 41: Dry Soup mixes - remember to store enough extra water.

Week 42: More first aid-gauze pads, swabs, cotton balls, tape, burn ointment.

Week 43: Dried whole eggs (buy 2 cans and keep in a cool, dry place), 2 Boxes of Rennet
(used for making cottage cheese and other dairy products from dry milk.)

NOVEMBER

Week 44: Lighting supplies-flashlights and batteries (dated), 50 hour candles

Week 45: Favorite family foods: stress foods like hard candy, popcorn, snack foods.

Week 46: Shortening (2 cans), Oil (2 gallons) preferably Canola or Olive Oil.

Week 47: Beans, split peas, lentil, etc.

DECEMBER

Week 48: Heating supplies-firewood, kerosene, propane for BBQ grill, charcoal.

Week 49: Rice-10, 15 or 20 pounds

Week 50: Canned vegetables-corn, peas, string beans, creamed corn, etc.

Week 51: Margarine Powder (#10 can), 2 large cans of fruit juice powder

Week 52: Congratulations! You have just given yourself and your family the greatest Christmas gift of all. . .SECURITY!!! Now take inventory of your storage, assess your family's needs and start a new year of staying prepared.

It is vital to get WATER STORAGE. If you don't have water, you will not be able to use many of the foods you have that are dehydrated or require water to cook. Many times in natural disasters, the electricity goes down and you will not be able to access your water. Sometimes the water is contaminated from flooding and cross-contamination from sewage. You should have enough water on hand to last you two weeks.