











This is "WEEK #12 of the first 13 weeks" Emergency Prep List – Tomatoes & Pasta/First Aid

<u>WEEK #10</u>		<u>WEEK #11</u>		 <u>WEEK #12</u>		<u>WEEK #13</u>			
↓		↓		↓		↓		↓	
STEP #1>>> PURCHASE LIST FOR YOUR 3-MONTH FOOD STORAGE PROGRAM									
Tomato sauce 12 x 8 oz cans		Tomatoes various (stewed,etc.) 6 x 15oz cans			Pasta, dry 4 lbs				
Tomato Paste 6 x 6 oz cans		Salsa – 1 jar			Macaroni & Cheese 2 boxes				
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STEP #2 >>>> Your EMERGENCY DRINKING WATER									
	Maintain 14 gallons per person/ 2 week supply								
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STEP #3 > Your FINANCIAL RESERVE/EMERGENCY FUND									
\$2.00 +/- per person		\$2.00 +/- per person			\$2.00 +/- per person				
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STEP #4 >Your LONG TERM FOOD STORAGE PROGRAM (20-30 YR. Shelf Life, 12 month supply)									
					Pasta, dry 16 lbs				
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>>>HOME STORAGE (1-month supply)									
.Cold medicines		Pain Medicines			Ice Packs – liquid filled				
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>>PREPAREDNESS GOALS									
Clean out medicines		Give Blood			CPR/First Aid Class				
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>>EQUIPMENT GOALS									
First Aid Manual		First Aid Kit (Family Size)			Splints				
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>>WEEKLY INVENTORY									
First Aid & Medicine		Grains/Pasta/Potato			Oils & Fats				

1. This list is for 1 adult. Choose things that you can afford to-do or have time to do each week
2. Multiply amounts by the number of family members, and adjust for children, medical needs and allergies
3. Watch for sales and gather supplies and equipment a week at a time to gradually build up your supplies
4. Do stem 4 after you complete Steps 1, 2 and 3
5. Choose what works best for your circumstances. Every step forward is a stem forward you CAN do it

Adapted from the
LDSFamily.blogspot.com

