










This is "WEEK #18 of the first 18 weeks" Emergency Prep List – Soup/Fish/Beans & Sanitation

WEEK #14		WEEK #15		WEEK #16		WEEK #17		 WEEK #18	
↓		↓		↓		↓		↓	
STEP #1>>> PURCHASE LIST FOR YOUR 3-MONTH FOOD STORAGE PROGRAM									
Canned Beans & Chili 14 x 15oz		Tuna or Salmon 12 x 5 oz		Soups, Condensed 10 x 10 oz		Soups, prepared 3 cans		 Dry Beans 5 lbs	
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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		\$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)									
n/a		n/a		n/a		n/a		 Dry Beans 20 lbs	
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>>>HOME STORAGE (1-month supply)									
.Disinfectant Cleaner		Disinfectant wipes		Baby wipes		Toilet bowl cleaner		 Liquid dish soap	
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>>PREPAREDNESS GOALS									
Plan or Plant Garden		Handwashing station		Emergency hygiene		Update 72-hour kit Food		 Collect bean recipes	
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>>EQUIPMENT GOALS									
Rubber Gloves		5-gallon water cooler		Portable Toilet & tablets		Solar Shower		 Shovel	
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>>WEEKLY INVENTORY									
Fuel & Light		Beverages		Cleaning supplies		FReezer		 Toiletries	

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

