

This is "WEEK #20 of the first 22 weeks" Emergency Prep List – Condiments, Spices & Emergency Cooking

<u>WEEK #19</u>	 <u>WEEK #20</u>	<u>WEEK #21</u>	<u>WEEK #22</u>	
↓	↓	↓	↓	↓
STEP #1>>> PURCHASE LIST FOR YOUR 3-MONTH FOOD STORAGE PROGRAM				
Spices & Dry Onions 5 oz	 Terryyaki/Soy/Worc. Sauce 12 oz total			
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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			
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STEP #4 >Your LONG TERM FOOD STORAGE PROGRAM (20-30 YR. Shelf Life, 12 month supply)				
n/a	 n/a			
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>>>HOME STORAGE (1-month supply)				
.Paper Bowls	 Paper Plates			
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>>PREPAREDNESS GOALS				
Photograph Home Contents	 Pet 72-hour kit			
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>>EQUIPMENT GOALS				
Wheat Grinder	 Charcoal/lighter fluid			
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>>WEEKLY INVENTORY				
Breakfast Items	 Paper & Plastics			

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

