










This is "WEEK #21 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		 Mayo/Parmesan cheese 20 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				\$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			
////////////////////////////////////									
>>>HOME STORAGE (1-month supply)									
.Paper Bowls		Paper Plates				Plastic utensils			
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>>PREPAREDNESS GOALS									
Photograph Home Contents		Pet 72-hour kit				Dutch oven recipes			
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>>EQUIPMENT GOALS									
Wheat Grinder		Charcoal/lighter fluid				Dutch oven supplies			
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>>WEEKLY INVENTORY									
Breakfast Items		Paper & Plastics				Beans, Meat & Soup			

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

