

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

WEEK #19		WEEK #20		WEEK #21		WEEK #22			
↓		↓		↓		↓		↓	
<b>STEP #1&gt;&gt;&gt; PURCHASE LIST FOR YOUR 3-MONTH FOOD STORAGE PROGRAM</b>									
Spices & Dry Onions 5 oz		Terryaki/Soy/Worc. Sauce 12 oz total		Mayo/Parmesan cheese 20 oz total		Ketchup/Mustard/B BQ/Steak 10 oz total			
////////////////////////////////////									
<b>STEP #2 &gt;&gt;&gt;&gt; Your EMERGENCY DRINKING WATER</b>									
↪ Maintain 14 gallons per person/ 2 week supply									
////////////////////////////////////									
<b>STEP #3 &gt; Your FINANCIAL RESERVE/EMERGENCY FUND</b>									
\$2.00 +/- per person		\$2.00 +/- per person		\$2.00 +/- per person		↪ \$2.00 +/- per person			
////////////////////////////////////									
<b>STEP #4 &gt;Your LONG TERM FOOD STORAGE PROGRAM (20-30 YR. Shelf Life, 12 month supply)</b>									
n/a		n/a		n/a		↪ n/a			
////////////////////////////////////									
<b>&gt;&gt;&gt;HOME STORAGE (1-month supply)</b>									
.Paper Bowls		Paper Plates		Plastic utensils		↪ Paper cups			
////////////////////////////////////									
<b>&gt;&gt;PREPAREDNESS GOALS</b>									
Photograph Home Contents		Pet 72-hour kit		Dutch oven recipes		↪ Practice Dutch oven cooking			
////////////////////////////////////									
<b>&gt;&gt;EQUIPMENT GOALS</b>									
Wheat Grinder		Charcoal/lighter fluid		Dutch oven supplies		↪ Duct tape			
////////////////////////////////////									
<b>&gt;&gt;WEEKLY INVENTORY</b>									
Breakfast Items		Paper & Plastics		Beans, Meat & Soup		↪ Baking Basics			

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

