














This is "WEEK #23 of the first 26 weeks" Emergency Prep List – Grains, Vitamins & Bread Making

 WEEK #23	WEEK #24	WEEK #25	WEEK #26	
				
STEP #1>>> PURCHASE LIST FOR YOUR 3-MONTH FOOD STORAGE PROGRAM				
 Wheat, hard red or white 25 lbs				
////////////////////////////////////				
STEP #2 >>>> Your EMERGENCY DRINKING WATER				
 Maintain 14 gallons per person/ 2 week supply				
////////////////////////////////////				
STEP #3 > Your FINANCIAL RESERVE/EMERGENCY FUND				
\$2.00 +/- per person				
////////////////////////////////////				
STEP #4 >Your LONG TERM FOOD STORAGE PROGRAM (20-30 YR. Shelf Life, 12 month supply)				
 Wheat, hard red or white 100 lbs				
////////////////////////////////////				
>>>HOME STORAGE (1-month supply)				
 .Paper towels/napkins				
////////////////////////////////////				
>>PREPAREDNESS GOALS				
 Learn to store grain				
////////////////////////////////////				
>>EQUIPMENT GOALS				
 Bread Pans				
////////////////////////////////////				
>>WEEKLY INVENTORY				
 Baking Basics				

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

Every step forward is a step forward.
YOU CAN DO IT

*Adapted from the
LDSFamily.blogspot.com*