

This is "WEEK #24 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		Rice, white or brown or other grain- 20 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							
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STEP #4 >Your LONG TERM FOOD STORAGE PROGRAM (20-30 YR. Shelf Life, 12 month supply)									
Wheat, hard red or white 100 lbs		Rice, white or brown or other grain- 100 lbs							
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>>>HOME STORAGE (1-month supply)									
.Paper towels/napkins		Foil/Plastic wrap							
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>>PREPAREDNESS GOALS									
Learn to store grain		Learn to sprout grains							
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>>EQUIPMENT GOALS									
Bread Pans		Bread knife or other item							
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>>WEEKLY INVENTORY									
Baking Basics		SPICES							

- 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*

