

# This is "WEEK #29 of the first 31 weeks" Emergency Prep List – Summer Foods, Drills & Canning

| <u>WEEK #27</u>                                                                                |                                               | <u>WEEK #28</u>             |  |  <u>WEEK #29</u>                     |  | <u>WEEK #30</u> |  | <u>WEEK #31</u> |  |
|------------------------------------------------------------------------------------------------|-----------------------------------------------|-----------------------------|--|-----------------------------------------------------------------------------------------------------------------------|--|-----------------|--|-----------------|--|
| ↓                                                                                              |                                               | ↓                           |  | ↓                                                                                                                     |  | ↓               |  | ↓               |  |
| <b>STEP #1&gt;&gt;&gt; PURCHASE LIST FOR YOUR 3-MONTH FOOD STORAGE PROGRAM</b>                 |                                               |                             |  |                                                                                                                       |  |                 |  |                 |  |
| Crackers &/or<br>chips 4 boxes/bags                                                            |                                               | Jello or pudding<br>2 boxes |  |  Food bars &/or<br>popcorn - 2 boxes |  |                 |  |                 |  |
| ////////////////////////////////////                                                           |                                               |                             |  |                                                                                                                       |  |                 |  |                 |  |
| <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<br>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                                 |  |                 |  |                 |  |
| ////////////////////////////////////                                                           |                                               |                             |  |                                                                                                                       |  |                 |  |                 |  |
| <b>&gt;&gt;&gt;HOME STORAGE (1-month supply)</b>                                               |                                               |                             |  |                                                                                                                       |  |                 |  |                 |  |
| .Sunscreen                                                                                     |                                               | Lotion                      |  |  Cotton balls                       |  |                 |  |                 |  |
| ////////////////////////////////////                                                           |                                               |                             |  |                                                                                                                       |  |                 |  |                 |  |
| <b>&gt;&gt;PREPAREDNESS GOALS</b>                                                              |                                               |                             |  |                                                                                                                       |  |                 |  |                 |  |
| Evacuation plan                                                                                |                                               | Emergency drill             |  |  Canning recipes                   |  |                 |  |                 |  |
| ////////////////////////////////////                                                           |                                               |                             |  |                                                                                                                       |  |                 |  |                 |  |
| <b>&gt;&gt;EQUIPMENT GOALS</b>                                                                 |                                               |                             |  |                                                                                                                       |  |                 |  |                 |  |
| Camp stove and<br>fuel                                                                         |                                               | Small folding shovel        |  |  Canning jars/lids                 |  |                 |  |                 |  |
| ////////////////////////////////////                                                           |                                               |                             |  |                                                                                                                       |  |                 |  |                 |  |
| <b>&gt;&gt;WEEKLY INVENTORY</b>                                                                |                                               |                             |  |                                                                                                                       |  |                 |  |                 |  |
| snacks                                                                                         |                                               | Beverages                   |  |  Freezer                           |  |                 |  |                 |  |

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 step 4 after you complete Steps 1, 2 and 3.
  5. Choose what works best for your circumstances.
- Every step forward is a step forward.  
YOU CAN DO IT
- Adapted from the LDSFamily.blogs pot.com