










This is "WEEK #30 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>	
↓		↓		↓		↓		↓	
STEP #1>>> PURCHASE LIST FOR YOUR 3-MONTH FOOD STORAGE PROGRAM									
Crackers &/or chips 4 boxes/bags		Jello or pudding 2 boxes		Food bars &/or popcorn - 2 boxes		 Lemon juice, vinegar, olives 3 x 6 oz ea			
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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				\$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				n/a	
////////////////////////////////////									
>>>HOME STORAGE (1-month supply)									
.Sunscreen		Lotion		Cotton balls				Cotton swabs	
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>>PREPAREDNESS GOALS									
Evacuation plan		Emergency drill		Canning recipes				Test smoke detectors	
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>>EQUIPMENT GOALS									
Camp stove and fuel		Small folding shovel		Canning jars/lids				Canner (usually a pressure cooker)	
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>>WEEKLY INVENTORY									
snacks		Beverages		Freezer				Toiletries	

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

