










This is "WEEK #31 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		 Jelly/ja, & honey 2 x 32 oz ea	
////////////////////////////////////									
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		\$2.00 +/- per person		\$2.00 +/- per person		\$2.00 +/- per person		 \$2.00 +/- per person	
////////////////////////////////////									
STEP #4 >Your LONG TERM FOOD STORAGE PROGRAM (20-30 YR. Shelf Life, 12 month supply)									
n/a		n/a		n/a		n/a		 Honey 8 lbs	
////////////////////////////////////									
>>>HOME STORAGE (1-month supply)									
.Sunscreen		Lotion		Cotton balls		Cotton swabs		 Facial tissue	
////////////////////////////////////									
>>PREPAREDNESS GOALS									
Evacuation plan		Emergency drill		Canning recipes		Test smoke detectors		 Update contact list	
////////////////////////////////////									
>>EQUIPMENT GOALS									
Camp stove and fuel		Small folding shovel		Canning jars/lids		Canner (usually a pressure cooker)		 Cooler/igloo	
////////////////////////////////////									
>>WEEKLY INVENTORY									
snacks		Beverages		Freezer		Toiletries		 Breakfast items	

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

