









This is "WEEK #34 of the first 35 weeks" Emergency Prep List – Fruits, Vegetables, Shelter & Bedding

<u>WEEK #32</u>		<u>WEEK #33</u>		 <u>WEEK #34</u>		<u>WEEK #35</u>			
↓		↓		↓		↓		↓	
STEP #1>>> PURCHASE LIST FOR YOUR <u>3-MONTH FOOD STORAGE PROGRAM</u>									
Fruit 12 x 15 oz cans/jars		Vegetables 12 x 15 oz cans/jars		 Dried Fruit or Raisins 16 oz					
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STEP #2 >>>> Your <u>EMERGENCY DRINKING WATER</u>									
Maintain 14 gallons per person/ 2 week supply									
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STEP #3 > Your <u>FINANCIAL RESERVE/EMERGENCY FUND</u>									
\$2.00 +/- per person		\$2.00 +/- per person		 \$2.00 +/- per person					
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STEP #4 >Your <u>LONG TERM FOOD STORAGE PROGRAM</u> (20-30 YR. Shelf Life, 12 month supply)									
n/a		n/a		 n/a					
////////////////////////////////////									
>>>HOME STORAGE : Toiletries									
Lip Balm		Eye Solution		 Razors					
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>>PREPAREDNESS GOALS									
Tent Research		Go camping							
////////////////////////////////////									
>>EQUIPMENT GOALS									
Tent		Sleeping Bag		 Blanket					
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>>WEEKLY INVENTORY									
Fruits & Vegetables		Emergency Equipment		 Beans, Meat & Soups					

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

