










This is "WEEK #36 of the first 40 weeks" Emergency Prep List – Meat & Potatoes, Hurricane Prep

 WEEK #36	WEEK #37	WEEK #38	WEEK #39	WEEK #40
↓	↓	↓	↓	↓
STEP #1>>> PURCHASE LIST FOR YOUR 3-MONTH FOOD STORAGE PROGRAM				
 Chicken 6 x 12 oz. cans				
////////////////////////////////////				
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				
////////////////////////////////////				
STEP #4 >Your LONG TERM FOOD STORAGE PROGRAM (20-30 YR. Shelf Life, 12 month supply)				
 n/a				
////////////////////////////////////				
>>>HOME STORAGE: LAUNDRY 1-month supply				
 Liquid Hand Soap				
////////////////////////////////////				
>>PREPAREDNESS GOALS				
 How to shut off gas/water				
////////////////////////////////////				
>>EQUIPMENT GOALS				
 Checklist for Hurricane/ Earthquake Prep.				
////////////////////////////////////				
>>WEEKLY INVENTORY				
 First Aid & Medicines				

- 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.blogs
pot.com

