









This is "WEEK #39 of the first 40 weeks" Emergency Prep List – Meat & Potatoes, Hurricane Prep

<u>WEEK #36</u>		<u>WEEK #37</u>		<u>WEEK #38</u>		 <u>WEEK #39</u>		<u>WEEK #40</u>	
↓		↓		↓		↓		↓	
STEP #1>>> PURCHASE LIST FOR YOUR 3-MONTH FOOD STORAGE PROGRAM									
Chicken 6 x 12 oz. cans		Ham, Pork, Spam OR dietary Alternatives 6 cans		Stew 2 cans		 Potato Flakes 4 lbs			
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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		 Potato flakes/slices 16 lbs			
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>>>HOME STORAGE: LAUNDRY 1-month supply									
Liquid Hand Soap		Laundry Detergent		Fabric Softener		 Stain Remover			
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>>PREPAREDNESS GOALS									
How to shut off gas/water		Strap Water Heater to wall		Bolt Furniture to wall, if necessary		 Update Immunizations			
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>>EQUIPMENT GOALS									
Checklist for Hurricane/ Earthquake Prep.		Pry Bar		Rechargeable Wall Lights		 Hatchet & Whetstone			
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>>WEEKLY INVENTORY									
First Aid & Medicines		Grains/Pasta/ Potatoes		Cleaning supplies		 Fuel & light			

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

