










This is **"WEEK #6** of the first 9 weeks" Emergency Prep List – *Breakfast, Communications*

 WEEK #6	<u>WEEK #7</u>	<u>WEEK #8</u>	<u>WEEK #9</u>	
↓	↓	↓	↓	↓
STEP #1>>> PURCHASE LIST FOR YOUR <u>3-MONTH FOOD STORAGE PROGRAM</u>				
 Breakfast Cereal 3 boxes				
////////////////////////////////////				
STEP #2 >>>> Your <u>EMERGENCY DRINKING WATER</u>				
 Maintain 14 gallons per person/ 2 week supply				
////////////////////////////////////				
STEP #3 > Your <u>FINANCIAL RESERVE/EMERGENCY FUND</u>				
 \$2.00 +/- per person				
////////////////////////////////////				
STEP #4 >Your <u>LONG TERM FOOD STORAGE PROGRAM</u> (20-30 YR. Shelf Life, 12 month supply)				
 n/a				
////////////////////////////////////				
>>>HOME STORAGE (1-month supply)				
 Toothbrush = 1 ea.				
////////////////////////////////////				
>>PREPAREDNESS GOALS				
 Create Emergency Contact List				
////////////////////////////////////				
>>EQUIPMENT GOALS				
 Cell Phone with text				
////////////////////////////////////				
>>WEEKLY INVENTORY				
 Fruit and Vegetables				

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 stem 4 after you complete Steps 1, 2 and 3
5. Choose what works best for your circumstances. Every step forward is a stem forward you CAN do it

Adapted from the
LDSFamily.blogspot.com