










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

WEEK #6		WEEK #7		WEEK #8		 WEEK #9			
↓		↓		↓		↓		↓	
STEP #1>>> PURCHASE LIST FOR YOUR 3-MONTH FOOD STORAGE PROGRAM									
Breakfast Cereal 3 boxes		Oats (Quick or Reg.) 5 lbs		Pancake Mix & Syrup – 2 lbs		 Powdered eggs (opt) 8 oz			
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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		Oats (Quick or Reg.) 20 lbs		n/a				n/a	
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>>>HOME STORAGE (1-month supply)									
Toothbrush = 1 ea.		Toothpaste – 1 ea.		Floss 1 ea				Mouthwash – 1 ea	
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>>PREPAREDNESS GOALS									
Create Emergency Contact List		Copy Important documents		Collect breakfast recipes				Volunteer Service- Contact Dukes County Emergency Management	
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>>EQUIPMENT GOALS									
Cell Phone with text		Crank/Solar cell phone charger		Battery/Solar AM/FM radio				CB radio or walkie talkies	
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>>WEEKLY INVENTORY									
Fruit and Vegetables		Snacks		Beans, Meat & Soup				Baking Basics	

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*

