

This year let's get prepared in 12 months! One month at a time of course!



72 Hour Kit Necessities

1. Water (One Gallon) in Packets, bottles or one gallon jug (store in original containers.

2. Food (3 day supply) in any combination. (Granola bars, protein bars, dried fruit, crackers, dry cereal, pop tarts, breakfast bars, beef jerky, candy, gum, ready to eat packaged foods, ready to eat canned food (can opener needed), Moist towelettes (or wet wipes), Add any prescription medication for 3 days, and infant food (if needed).

****Food that isn't vacuum sealed needs to be rotated every 6 months. Vacuumed sealed item may last from 1-2 years.**

3. First Aid Kit (a small compact kit is great) make sure to include band-aids, small scissors, first aid tape, gauze, ointments and first aid cream.

4. Additional items to consider. Change of clothing, raincoat or poncho, batteries, radio, pocketknife, shovel, water purification tablets, games, books or toys, light sticks, insect repellent, sewing kit, can opener, shoes, tent/shelter, undergarments, flashlight, matches, blankets/sleeping bag, toilet paper, nylon rope, money, hand sanitizer, whistle, sun block, personal sanitary items, duct tape, plastics bags.

Your kit should be in a portable container, or backpack located near an exit of your house. Each family members should have their own kit. Enclose anything that you wouldn't want to be able to get wet in plastic Ziploc bags. Keep a light source in the top of your kit. Personalize your kit. Inspect your kit at least twice a year to rotate water and food items, check sizing on clothing and dates on batteries. Consider items needed for elderly and or babies.

One year Basic Food Storage List

- Grains - 300#/ person (wheat, rice, corn, other cereal grains)
- Legumes – 60# /person (dry or canned beans, lentils, dry soup mix)
- Milk & Dairy - 16 #/ person (dry milk, evaporated milk, other dairy)
- Sugars - 60 # / person (sugar, honey, brown sugar, molasses, corn syrup, jam, jello)
- Meat - 20# / person (Canned chicken, tuna, turkey, spam, beef, pork)
- Salt - 5# / person
- Fat or oil – 25#/ person (shortening, oil, mayo, salad dressing, peanut butter)
- Baking Soda & Baking Powder - 1# each / person
- Yeast – .5#/ person
- Vinegar – 1/2 gallon / person
- Water – 2-week supply of 14 gallons / person
- Other items to include: garden seeds, bedding, clothing, medical, fuel and light, wheat grinder, baby supplies.

JUST STARTING?

Divide amounts above by 4 for a three-month supply.

Always buy what you eat to make it easier to use the first in first out method and keep things rotated.

Need help in amounts?

The links below calculate amounts for you:

<https://www.thefoodguys.com/foodcalc.html>
<https://www.familysurvivalplanning.com/food-storage-calculator.html>

*Each of these are slightly different but the same basic concept.

DON'T FORGET!

Vitamins and medication

(cold and flu remedies, pain reliever, first aid supplies)

Non-food items

(toilet paper, foil, soap, shampoo, toothpaste, garbage bags, cleaning and sewing supplies, matches, manual can opener, tools, canning supplies – bottles lids and rings- etc.)

MONEY SAVINGS NOTES!

If you save:

\$50 a month end the year with \$600

\$100 a month end the year with \$1200

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AUGUST FOOD STORAGE PURCHASE LISTS

MONTHLY SALES - pudding cups, lunch meat, lunchables, bread, cold cereal, waffles!

NON FOOD ITEM
Extra Light Bulbs/Kleenex

FIRST AID ITEM
Headache Medication/Cough Syrup

SHORT TERM FOOD STORAGE

per person

14 cans of vegetables
8 cans of fruit packed in water or juice
8 cans of meat (tuna, chicken, beef, pork)
2 cans chili or stew
5 cans soup (not condensed)
2 package gravy mix or 2 jars or cans gravy
1 package dry soup mix

1 box Ramen Noodles (12 packages)
1 box granola or protein bars
2 jar pasta sauce
2 lbs pasta
1 package powdered drink mix
1 jar jelly or fruit preserves
1 box crackers
1 treat such as hard candy or chips
1 package nuts/dry fruit/trail mix

Remember to buy what your family eats!

LONG TERM FOOD STORAGE

Strawberry Slices & Apple Slices - (up to you) per person

Home Storage Center Online

Strawberry Slices 6 #10 cans (1 case) \$82.02 (\$13.67 for 1)

Apple Slices 6 #10 cans (1 case) \$73.02 (\$12.17 for 1)

1 #10 can Strawberry Slices = 6.4 oz. (9 cups) 1 #10 can Apple slices = 1 lb (1 oz. serving)

If you want to mix and match or need a single can contact your ward emergency preparedness specialist!

TO ORDER ONLINE

(\$3 Shipping) For ordering 6 cans (1 case) of an item only!

<https://store.churchofjesuschrist.org/usa/en/new-category/food-storage/food-storage-items/5637169327.c>

COOKING WITH FOOD STORAGE RECIPES

Brownies

1 cup dried refried beans
1 cup water
1 package brownie mix

Directions:

Add 1 cup of refried beans to 1 cup of water and let it set for five minutes.

Add bean mixture to the brownie mix. Mix in the blender.

Pour in a greased 8x8 pan.

Bake according to brownie mix instructions for heat and time.

(Usually approximately 350 degrees for 25-30 minutes.)