

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



Important Non Food Items for Storage

Tools: Adjustable wrench, hammer, nails, ax, saw, bailing wire, twine, broom, dust pan, bucket, crow bar, gloves (heavy work), pliers, rope, screw drivers, shovel, tape (duct, plastic, electrical), tarps.

Cooking: Aluminum foil (heavy duty and regular), bucket or dish pan, canning lids, can opener (non-electric), camp stove, fuel, charcoal, lighter fluid, dish cloths, dish towels, scrubbie, dish detergent, napkins, paper towels, paper plates, cups, utensils, plastic wrap, wax paper, Ziploc bags, coffee filters, pots, pan (at least 2), sharp knives, utensils.

Bedding: Blankets, quilts (enough to keep each person warm with no other heat source), pillows, sheets (flannel is warmer & more absorbent) sleeping bags.

Clothing: Boots, gloves, jackets, warm coats, seasonal clothing, shoes, socks 2 pair (at least 1 pair wool).

Safety Items: Batteries, many sizes, candles, flashlights, fire extinguisher, garden hose (firefighting, siphoning gas), insecticides, lantern, fuel, matches, lighters, paper, pencils, radio (battery operated).

Sanitation: Large trash can with tight fitting lid, ammonia, bleach, clean rags, disinfectant (Lysol, Bleach), newspapers (to wrap garbage and waste in, could also be used for fuel or blankets), plastic bags (various sizes especially garbage bags), toilet paper, wet wipes.

Hygiene Supplies: Combs, brushes, contact lens solution, deodorant, extra glasses, contacts, feminine supplies, hand soap (15 bars per person per year), infant supplies (disposable diapers, plastic pants, bottles), laundry detergent (25 lbs per person per year), shampoo, conditioner, shaving supplies, tissue, toothbrush, toothpaste, wash cloths, towels.

Pets: Food, leashes, collars, litter box supplies, medications

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

2025 Emergency Preparedness Newsletter

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

OCTOBER FOOD STORAGE PURCHASE LISTS

MONTHLY SALES - Candy, Fresh Pumpkin & Seafood

NON FOOD ITEM

Paper Towels/Emergency Clothes

FIRST AID ITEM

Roller Gauze, 2 different sizes

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

Sugar - 60 pounds per person

Home Storage Center Online

Sugar 6 #10 cans (1 case) \$58.98 (\$9.83 for 1)

1 #10 can sugar = 5.6 lbs (13.3 cups)

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

Hot Cocoa Mix

11 cups instant dry milk
1/2 cup baker's sugar (white sugar)
1-1 lb. can instant chocolate drink mix
1-6 oz jar creamer

Combine all ingredients together and mix well.
Store in air tight container for up to 5 months.

To use: Mix 3-4 Tablespoons with 1 cup of hot water.
This recipe will make about 50 servings.