

Prepare Your Home for Emergencies and Natural Disasters: One Year to Get Prepared

Food Storage Goal

Jan:

Canned meat or fish, 24 cans per person
Bleach, 1 gallon per person
Heavy-duty 30-gallon garbage bags, 30 per person
Laundry detergent, 20 lbs. per person
Can opener

Feb:

Pasta and flour, 100 lbs. per person
Hand grain mill
Scissors, thread, needles, buttons, and zippers

Mar:

Soup, stew, or chili, 50 cans per person
Salt, 5 lbs. per person
Fat, oil, or shortening, 20 lbs. per person
Aluminum foil, plastic wrap, and storage bags

Apr:

Yeast, 2 lbs. per person
Baking soda, 2 lbs. per person
Vinegar, 1 gallon per person
Evaporated milk, 10 cans per person
Peanut butter, 10 lbs. per person
Spices, condiments, and vanilla

May:

Cereal, grains, rice, oatmeal, cornmeal, 100 lbs. per person
Paper towels, 24 rolls per person
Flavored gelatin, 25 packages per person
Garden seeds
Prescription medications, one month's worth

June:

First aid kit

July:

Sugar or honey, 50 lbs. per person
Powdered milk, 35 lbs. per person
Tooth brushes, 2 per person
Mouthwash
Infant care if needed: diapers, baby food, etc.

August:

Fruits and vegetables, 100 quarts per person
Jams and jellies, 24 pints per person
Feminine hygiene products
School supplies
Pet supplies

Sept:

Powdered Milk, 35 lbs per person
Dried or canned tomatoes, 25 lbs per person
Fruit juice and/or tomato juice, 50 quarts per person

Oct:

Granola bars, 4 per person
Jerky, 2 sticks per person
Chewing gum, 1 pack per person
Hard candies or suckers, 12 per person
Batteries for light and radio

Nov:

Wheat, 100 lbs. per person
Juice mix with vitamin C, 1 can per person
Hand and bath soap
Light bulbs
Prescription medications, one month's worth

Dec:

Dried beans, 40 lbs. per person
Candles and matches
Batteries

