

Monthly Food Storage Purchasing Calendar

Compiled by Andrea Chapman

If you are just starting out, this calendar can be used any year.
Just start with the current month's items.

We have tried to keep the costs down to between \$35 and \$45 per week. This might seem rather costly, but if you want to build a good food storage in only one year, it will cost you more each week than if you spread out acquiring it over several years. Be certain to buy only items your family will use, and rotate and use the items in your storage throughout the year.

Milk is an expensive item and prices keep soaring, so you might need to invest in a bit higher food storage bill to buy it right now.

* The items in the first few months are basic essentials and are the most important to purchase and store.

It is vital to get **WATER - STORAGE** . If you don't have water, you will not be able to use many of the foods you have that are dehydrated or require water to cook. Many times in natural disasters, the electricity goes down and you will not be able to access your water. Sometimes the water is contaminated from flooding and cross-contamination from sewage. You will need water, at very least, you will need 3 days worth.

January

Week #1	1 case canned fruit 2 #10 cans instant potatoes
Week #2	3 #10 cans dry milk
Week #3	3 #10 cans dry milk
Week #4	9 pounds yeast
Week #5	Anything you have missed from above

February

Week #1	Water Storage Containers-buy either 55 gallon drums, 5 gallon water containers (available at all emergency preparedness stores and some super markets) and spigot, or start to save water in pop bottles and plastic juice containers. Also purchase 100 lbs. hard white wheat and three plastic storage buckets with tight fitting lids. Check out the local mills in your area for best prices.
Week #2	25 lbs of sugar or 20 lbs of honey 5 lbs salt per person bucket opener
Week #3	4 #10 cans shortening or 4 - 48 oz bottles oil 2 #10 cans of dry instant milk
Week #4	2 case canned beans (like refried pinto, black, kidney, white, pink etc.) or 25 lbs dry beans (preferable) and bucket to store them in. 50 lbs dried corn or popcorn (about \$10.00 from a mill or food storage company) and a bucket to store it in. (Can be ground into cornmeal as well as for popcorn.) (All grains and beans can be put into #10 cans at the LDS cannery.) (If not, the buckets work well.)