

# 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

