

Start the new year right! Use this week-by-week list to build your food storage in 2010. The latest counsel from our Church leaders is “to purchase a few extra items each week to build a one-week supply of food. Then you can gradually increase your supply until it is sufficient for three months. These items should be rotated regularly to avoid spoilage.” When this is accomplished, then we should “gradually build a supply of food that will last a long time and that you can use to stay alive, such as wheat, white rice, and beans.” (from www.providentliving.org) You'll notice the guidelines below are general so every family can purchase amounts appropriate for their own family. Be sure to include water in your storage. If followed, by the end of the year, this list will provide you with a well-rounded supply of basics to draw on in a time of need.

January

Week 1: Popcorn: invest in a popcorn popper if you do not have one. Lower your family's fat intake.
Week 2: Detergents, bleach and other cleansers. Don't forget to use manufactures coupons.
Week 3: Medicine chest and feminine products; you do not want to be out when you need them.
Week 4: First aid supplies, band aids, Neosporin, Benadryl, etc.

February

Week 1: Canned meats, corned beef, Spam, chicken, act
Week 2: Personal products, soap deodorant, toilet paper, shampoo, lotion, etc
Week 3: Peanut Butter
Week 4: Solid shortening, less expensive than oil and stores longer, but buy oil if you prefer.

March

Week 1: Juices. Avoid watered projects; look for 100% lemon, orange, apple, pineapple, etc.
Week 2: More first aid products, gauze patches, swabs, cotton balls, tape etc.
Week 3: Mixes: cake, pancake, muffin, or purchase items separately and make homemade mixes.
Week 4: spices and herbs. Buy the ones you use the most often, pepper, cinnamon, bay leaves, oregano, etc. Buy in bulk and save!

April

Week 1: Toiletries: toothpaste, floss razor blades, shaving cream, etc.
Week 2: Pasta consider your family's tastes-at least 5 lbs.
Week 3: Dry milk: 40 ounces makes 5 gallons (or buy what your family uses if you have lactose intolerance)
Week 4: Assemble an emergency sewing kit: thread, pins needles, buttons, tape measure, scissors, etc. Keep it compact and handy.

May

Week 1: Flour, white wheat pastry, rye etc. Remember flour doesn't store as long; rotate!
Week 2: Dry soups and crackers. Restore crispness by placing crackers in microwave (dehydrator and oven work as well.)
Week 3: Gelatin and pudding mixes.
Week 4: Garden seeds: don't forget the radishes! They grow fast and are full of vitamins.

June

Week 1: White sale month; buy those much needed sheets or towels.
Week 2: Safety week, replace flashlight batteries, check smoke detectors, practice your fire escape routes
Week 3: Cheese. Buy in 5,10,15 pound blocks and cut into smaller blocks and freeze.
Week 4: Paper towels, TP, aluminum foil, sandwich bags etc

July

Week 1: Condiments; mustard, catsup mayonnaise relish, pickles etc.

Week 2: Canning supplies: Certo or Sure jell, canning lids etc. If you do not can, stock up on jams and jellies
Week 3: Fill or refill water jugs.
Week 4: Canned milk, try non-fat varieties to cut back on your family's fat intake.

August

Week: 1 Baking powder baking soda, cornstarch etc.
Week 2: Canned fruit, buy it already canned or can some yourself.
Week 3: Tomato week. Can them yourself or buy canned, whole stewed, sauce or juice, etc.
Week 4: Can or freeze veggies or buy them canned or frozen

September

Week 1: Sugars: Replenish your supply from canning, also powdered and brown sugar
Week 2: Canned tuna and salmon. Store mayo to make quick and healthy sandwiches or snacks.
Week 3: Dry beans, peas, rice, and legumes
Week 4: Sweeteners, Honey, Corn Syrup, Molasses, maple syrup, agave, etc

October

Week 1: Vinegar: apple cider, white (removes odors in laundry and makes a great cleanser)
Week 2: Canned Soups, try the low salt and low fat varieties or make your own
Week 3: Apples, make your own pie filling, applesauce, apple butter, juice, or buy if you do not can.
Week 4: Nuts: walnuts, pecans, almonds, etc They will freeze well.

November

Week 1: Iodized salt. It seasons, preserves and in a pinch is a toothpaste.
Week 2: Vitamins: a good multi vitamin, extra C for flu and cold season. Ladies, don't forget your calcium and vitamin D.
Week 3: Treats for baking: cocoa, coconut, chocolate chips, vanilla extract, etc.
Week 4: Rolled Oats, cornmeal, hot cereals, get what your family eats.

December

Week 1: Cooking Oil, get good quality oil. Canola, olive, grapeseed, and peanut oils are the healthier choices.
Week 2: Candles and matches, put them where you can easily locate them in the dark.
Week 3: Merry Christmas! You've given yourself a great gift- security
Week 4: Hope you saved a little for those after Christmas sales; lots of bargains to be found this time of year! Don't get out of the habit! Start back at January, Week 1 next week.

"Our Heavenly Father created this beautiful earth, with all its abundance, for our benefit and use. His purpose is to provide for our needs as we walk in faith and obedience. He has lovingly commanded us to "prepare every needful thing" (see D&C 109:8) so that, should adversity come, we can care for ourselves and our neighbors and support bishops as they care for others.

"We encourage members world-wide to prepare for adversity in life by having a basic supply of food and water and some money in savings.

"We ask that you be wise as you store food and water and build your savings. Do not go to extremes; it is not prudent, for example, to go into debt to establish your food storage all at once. With careful planning, you can, over time, establish a home storage supply and a financial reserve."
—The First Presidency, All Is Safely Gathered In: Family Home Storage, Feb. 2007, 1