

IN PURSUIT OF PREPAREDNESS

January - Water Storage

Goal:

1. Obtain containers to store water for basic storage and fill them. Basic water storage is 14 gallons per person.

February - Non-Fat Dry Milk

Goal:

1. Obtain necessary quantity of non-fat dry milk for your family. (75 lbs per person)
2. Use the dry milk in a recipe or drinking this month

March - Sanitation

Goal:

1. Obtain necessary items for waste and trash disposal:

plastic trash bags	toothbrushes
paper towels	kitty litter
trash cans or buckets	toothpaste
clean rags	laundry detergent
shovel	feminine supplies
rubber gloves	wash tub
Lysol-type disinfectant	infant supplies
bar soap	pre-moistened towelettes
deodorizer tablets	insect repellent clothes line and clothes pins

April - Yeast, Seasonings, Seeds

Goal:

1. Obtain the necessary amounts of yeast and seasonings for your storage. Obtain garden seeds for storage.

Yeast

Yeast is a necessary cooking ingredient and is an item that must be rotated. You

can freeze yeast to increase the storage time.

Seasonings

Salt is one of the most important seasonings you can have in storage. A year's supply of salt is approximately 5 pounds per person. Salt stored in a dry, cool location can be stored indefinitely. Other seasonings you will want to store will depend on your family's likes and what they are used to. Remember, your food will be very bland without the seasonings you are used to using.

Garden Seeds

You should have enough seeds in storage that if they were unavailable to buy, you could still plant and maintain a garden. They need to be stored in tightly sealed jars and kept in a cool, dry place.

May – first aid

Goals:

1. Obtain first aid kit for your home and cars.
2. Know basic first aid. Learn CPR or refresh your knowledge.
3. Assess your family's need for prescriptions and medications and have them available in case of emergency.

June - Grains

Goals:

1. Obtain quantities of grains for storage and daily use.
2. You need to store 300 lbs. of grain (including wheat) per person per year. (Having a variety of grains will make it easier to cook and provide more nutrition for your family.)

July - Sugar and Honey

Goals:

1. Obtain necessary amounts of sugar and honey for your storage.
2. Rotate these items by using them in your daily cooking. (Tip: Buy and store honey in small containers)

August - Wheat

Goals:

1. Purchase quantities of wheat for storage and/or daily use.

2. Learn how to preserve your supply of wheat.
3. Use wheat as often as possible to get family accustomed to eating it.

September - Canning, Drying and Preserving

Goals:

1. Add variety to your food storage by using the fresh produce that is available to us now.
2. Can, dry and preserve different types of vegetables and fruits.

October - Beans and Legumes

Goals:

1. Obtain beans and legumes for storage Beans can add a lot of variety to your food storage. Learn how to use them in everyday cooking. Beans are an important staple in many diets. They are a rich source of B-complex vitamins, iron and other minerals. There is no cholesterol in beans.
2. For longer storage life, keep beans in an airtight container in a cool dry place. Tip: (DO NOT store beans directly on cement floor)

November - Oil and Shortening

Goals:

1. Obtain necessary quantities for your family. 20 lbs. of fat or oil per person should be stored for one year. Fats supply concentrated energy and are a source of fat soluble vitamins (A, D, E & K).
2. Store fats and oils in original sealed containers and keep in a cool place.
3. Date containers and rotate. You should be able to store them for approximately five years.

December - Fuel

Goals:

1. If possible, a reserve of fuel (coal, oil, wood, etc.) should be part of the storage plan.
2. You need to have a least enough for cooking needs. Various units are available.