

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 \$25 and \$35 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.)

March

(please note that many of these items are repeats because we want to be SURE you have enough of the essentials!)

- Week #1** Enough **water** containers for 14 gallons per person in the family.
(This was mentioned last month-but we want to be sure you have this)
(*Water is your most important item!*)
If you didn't get enough containers last month, you can get them this month.
White Rice, at least 15 pounds per person in the family and if possible buckets to store it.
(*Brown Rice goes rancid faster.*)
- Week #2** 2 jars **mayonnaise**
1 gallon **oil**
2 tubs **shortening**
- Week #3** 25 pounds **sugar**
1- 25 pound bag of **legumes** (pinto, lentils, white, pink etc.)
- Week #4** **Salt** 5 more lbs
2 bottles of **bleach**
1 #10 can or 1 box of **dry milk**.
- Week #5** Check your list for the last 8 weeks and purchase any items you fell short on.
These items are essential ones and you will need to be sure you have enough.
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April

- Week #1** 100 pounds **wheat**
10 lbs. **brown sugar**
- Week #2** 2 #10 size cans **dried fruit** or 1 case **canned fruit**
1 pound **yeast**
- Week #3** 1 case **tuna or salmon**
2 #10 **cans milk**
3 lbs **sprouting seeds**
1 80 oz can Rumsford baking powder
- Week #4** 2 large jars **peanut butter** or
1 #10 can **peanut butter powder** (last longer)
2 cans **dried whole egg** (keep in a cool dry place)
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May

- Week #1** 2 to 3 bottles of **multi-vitamins**
2 #10 cans of **rolled oats**
(if #10 cans are not available in your area, buy the largest packages available)
(in your local store, and also purchase a small bucket to store it in.)
- Week #2** 100 lbs. of **wheat**
3 buckets
- Week #3** #10 can **margarine powder** - or shortening if marg. powder is unavailable
2 #10 cans **rolled oats**
(or equivalent, and a storage bucket)
- Week #4** 4 #10 cans **instant potatoes**
1 bottle **black pepper**

June

- Week #1** 2 cans **dry milk**, 2 boxes of **Rennet**
(used for making cottage cheese and other dairy products from dry milk.)
1 bottle **lemon juice**,
1 bottle **vinegar**. (also used in making dairy products from dry milk)
- Week #2** 100 lbs **wheat**
25 lbs. **white flour**
- Week #3** Baking **soda** (try to buy in bulk in places like Sam's Club or Cosco) Buy about 10 lbs.
25 lbs. or **legumes** (choose those you are willing to eat.
Remember you can sprout legumes and almost quadruple the nutritional value of them.
Buy one large box Knox or other gelatin to be used in place of eggs in baking.
- Week #4** **Tomato** products (try to buy them by the case in normal size cans. Spaghetti sauce, tomato
sauce, and whole and chopped tomatoes. Buy a combination of flavored and not flavored tomatoes.
Buy paste if you can get a good deal on it. It is less expensive to add water to paste to make sauce
than it is just to buy sauce sometimes. *Buy three cases if possible.*)
- Week #5** Be on the look out for **garden seeds** that are NON- Hybrid.
That way you can use the seeds from the plants you grow to grow a garden the next season.
A good price for them is about \$18-20 per can with about 10 varieties per can.
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July

- Week #1** 200# **wheat**
(buckets to store it in if needed)
[keep filling pop bottles, Gallon syrup containers, etc. with water - basically no cost to this)
- Week #2** 20 lbs. **Peanut butter**
[keep filling those water containers]
- Week #3** 4 #10 cans **shortening**
2 # 10 cans **dry milk**
[keep filling water containers - make this a habit - when you empty something worthy of water
storage, wash it and fill it right away]
- Week #4** 6 #10 cans **dry milk**
[**more water!**]
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August

- Week #1** 25# **rice**
25# **sugar**
1 # 10 can **instant potatoes**
5 lbs. **salt**
- Week #2** 1 case **tuna** or **salmon** or other **meat**
2 # 10 cans **dry milk**
- Week #3** 2 #10 cans **dry milk**
2 cans **shortening**
1 #10 can **instant potatoes**
- Week #4** Note* In late August and early September, many stores have sales on canned fruits and vegetables.
Ask your local store when these sales will be, and switch the weeks of this calendar as needed.
2 cases **fruit**
5 lbs. **salt**

Week #5 2 cases **canned fruit**
1 case misc. **vegetables** (green beans, peas, carrots, etc.)

September

Week # 1 2 cases **canned fruit**
1 case misc. **vegetables**

Week # 2 2 cases **canned fruit**
2 cans **shortening**

Week #3 2 cases **fruit**
1 case **vegetables**

Week #4 2 cans **shortening**
25# **rice**
buckets to store rice if it did not come in #10 cans

October

Week #1 100 lbs. **wheat** and 3 buckets

Week #2 1 case **tuna** or other **meat**

Week #3 25 lbs. **Sugar**
2 large cans **fruit juice powder**

Week #4 3 #10 cans **dry milk**

Week #5 9 #10 cans **potato flakes**

November

Week #1 4 large jars **peanut butter**

Week #2 1 case **canned fruit**
15 pounds **rice**

Week #3 7 #10 cans **shortening**

Week #4 50 pounds **rice** and buckets to store

December

Week #1 100 lbs. **wheat** and 3 buckets

Week #2 1 large can **fruit juice powder**
3 large jars **peanut butter**

Week #3 3 #10 cans **dry milk**

Week #4 50 pounds of **rice, oats, or barley**
buckets to store