

Shopping Page of Suggested Items to Buy

	Vendor	size or size/quan.	\$	Person /yr	Source	Comments.....
--	--------	--------------------	----	------------	--------	---------------

Must Buys

Food

Baking powder	Mc Cormick	2#	3.50	4	SC	
Baking soda 500 Uses for,	Arm & Hammer	10#	3.99	4	SC	6 for children in diapers; deodorizer;...
Beans, Pinto		25#	15.45	2	Sams	See grain storage rules, Cookin' With Beans and Rice
Beans, Black (turtle)		4#	2.49	5	G	See grain storage rules
Candy; Assorted Hard		5#	5.75	2-f	SC	Candy; yes it's a must buy! Morale Builder
Candy; Starlight Mints		5#	4.49	2-f	SC	
Corn, Popcorn		50#	9.58	2	Sams	Get a grain Grinder
Electrolyte Balance Drink Mix Dry	Gator Aid	24 qt powder	7.39	4+	SC	Don't risk a heat stroke!
Flour		25#	3.85	6	SC	
Honey		5#	5.49	1+	SC	see sugar, DON'T feed to infants!
Milk; Dry Instant Non-Fat	SASCO is good	64oz	7.99	6+	SC	10+ per child
Milk; Evaporated		12 oz/8	5.79	4-c+	SC	Must for small children
Oil; Olive	Bertolli	5 L	16.00	2	SC	Total Oils = 20# per person per year. 1L=1Qt=2# Stability of oils in rank: Olive, Peanut,...
Oil; Peanut	x	35#	12.23	1/2	SC	
Pasta		5#		4	SC	
Peanut Butter	Peter Pan	5#	5.99	1.25	SC	Combine with Milk for a complete protein meal
Rice, Basmati		10#	7.00	1/2	SC	Very tasty; mix with other rice
Rice, White		50#	11.70	2	SC	See grain storage rules
Salt					G	Minimum of 5# per person
Spices; Herbs + Bouillon Cubes	Get what suits your taste buds. Be sure to buy herb seeds, too					
Storage container (mini trash can)	Sterlite	20gal	4.97		W	2 per 50# of grains
Sugar; white		50#	16.49	1.25	SC	60# / person/ year in sweeteners
Vinegar	White Distilled	1 gal	1.56	4	SC	For cooking; preserving and cleaning

Get a good water filter, the *Britta's and Pur's* Water pitchers are not going to provide the level of protection you need. Get filters that will clean 1000's of liters/quarts per filter and 0.2 micron filtration *Katadyne + Berkfield* are two examples.

Water; Distilled	Zephyrhills	6 / 1 gal	3.99	12 gal	WSC	Medical use water
Yeast		2#	5.00	1	SC	For all sorts of bread making.

Birth Control: Simply put: If times get bad, providing for another child may put your family in jeopardy.

Condoms have the highest safety factor especially for STDs, when used correctly, and is not a drug or chemical. Buy many many.

[Ovulation predictor and Birth Control PFT-123](#), Easy and Inexpensive.

[A better Microscope](#), than the one supplied by PFT-123. And can be used for other health issues.

Hygiene

Ammonia		1gal	2.00	4 gal	W	for cleaning
Bleach; unscented/flavored	Clorox	1 gal	1.07	6 gal		Water purification + Disease control . GET Several EYE Droppers
Bucket; 5 Gal; Paint bucket		5 gal	2.67	4++	W	Get the lids; too
Coffee Filter		500 pack	3.59	4-f	SC	Strain out the big chucks in your water.

Feminine Supplies You know what you like - get 2 year's worth

Diapers; Cloth Get: Rash creams ~20oz/yr.; pins (4sets); 10 days worth of usage; 2-3 pairs of plastic pants per day; Diaper bucket (1 per 2-3 days) and Baking soda (pee ewe!) and laundry soap.

Gloves; Latex Powered Free	Uniseal	100/bx - in S;M;L	6.79	2	WSC	Get the correct size for everyone; they'll come in very handy :))
Gloves; Poly disposable	Clean ones	100 pack / 5	5.50	2-f	SC	
Soap; Bar	Ivory	16 bars; bath size	4.99	2 bars /wk	SC	
Soap; Dish;	Dawn	90 oz	5.49	4	SC	
Soap; Laundry Detergent; dry	Clout	35#	9.99	1	SC	1 extra per child in diapers
Soap; Liquid	Wind Fresh	1 gal	5.00	3 gal	Sam	7.50 for anti-bacterial. Liquid soap doesn't wear away in the shower. Get 4+ pump dispensers.

Toilet; How to make a privy [Humanure, by Joseph C. Jenkins](#) How to **SAFELY** convert waste to compost for your garden.

Toilet Paper	Marathon	500 sht / 48 rolls	17.00	1.2	SC	When you run out of this then use moss.
Water purification tablets	Portable Aqua		2.96	4	W	Once opened: double ziplock; AND don't store near metal.

Medicine

I just got my tetnus shot, it hurt for about a week, yeah - I'm a wuss. What's your excuse? Huhh, Huhh?

Get spare personal aides: Eye Glasses, Dentures, Hearing Aides, + any other assistive devices.						
Acetaminophen		200 mg / 1k	9.59	3-f	SC	3 For entire family + Infant versions
Alcohol - Rubbing				4+		Shop around, I've seen 3/\$1
Antacid Tablets	Tums	400	8.3	4-f	SC	Emmm; good cookin.
Antiseptic Creams					WSC	
Aspirin				4-f	SC	Not for wee children! Rye Fever.
Bandages		assorted sizes			WSC	Get many styles, & get "butterfly's" sutures
Hydrogen Peroxide				4+		Shop around, I've seen 3/\$1
IB-Ibuprofen		200 mg /750	7.35	3-f	SC	3 For entire family + Infant versions
Peptobismal (sp?)		big!		6-f	WSC	The trots ain't good for long.
Petroleum Jelly		8 oz	3.29	2	WSC	Many uses for this stuff.
Sun Tan Lotion				6+		Shop around, the Higher the SPF the better.
Vitamins						Adult and Children's

Safety

Carbon Monoxide Monitor "Nighthawk" - Battery Operated w/ display			40.00	2-f	W	part number 900-0089
Fire Extinguishers		assorted sizes		4-f		You've never cooked on a camp stove; better have these.

Cooking

Can Openers	Swing -A-Way		5.59	2-f	W	Solidly made can openers
Colander	Metal- Sturdy			2-f	W	Will be used for more than just washing foods
Grain Mill - Large	Porkert	#UM150Z	80.00	1-f		This is a nice Mill / Grinder. -- DON'T Buy a Corona Grinder -- It will rust on you! Mine did & yes I cleaned it very well.
Grain Mill - Medium		#UM75Z	40.00			
Lantern; Mantles;	Coleman	4/ pak	2.27	20-f	W	Get MANY, and the "Sparker" lantern lighter
Lantern; 2 Mantle Dual Fuel;		#285 ORDER IT!	40.00	1-f	W	Get the dual fuel - White Gas and Unleaded Gasoline
Stove - 2 burner Dual Fuel		#424 ORDER IT!	60.00	1-f	W	DON'T Cook INDOORS!!!; Get the dual fuel - White Gas and Unleaded Gasoline
Stove Fuel, White Gas		1 gal	2.88	10-f	W	
Thermos - regular mouth	Stanley Aladdin	32 oz	23.96	2-f	W	Low fuel usage
Thermos - wide mouth		24 oz	23.96	2-f	W	
Waterproof Matches	Ozark	4 pak	1.46	20-f	W	
Canned Heat	Sterno clone	24 pack	9.99	2-f	SC	This is the only fuel you can use indoors.

Sterno Stove			7.99	2-f	W	BE wise when using this indoors.
Cigarette Lighters		50	14.99	2-f	GHA	
Supplies						
Aluminum Foil	Reynolds	250' / 2pk	10.39	2-f	SC	
Batteries	Eveready	assorted sizes		10 sets per light	WSC	
Cups - Big Red	Dixie	200/16 oz	6.95	4-f	SC	
Duct tape				20-f	WSC	Costco and Sams sell for less
Electrical tape				10-f	W	
Flashlights	Mag	mini 2-AA batts	9.47	2	WSC	Sams and Costco have better prices
Flashlights		2-D	19.00	2-a	WSC	
Gloves Work				3+		Especially for children
Laundry machine; MANUAL		Get 2 or 3 5-gallon buckets and a sink plunger just for clothes.				
Napkins - Paper	Marathon	9000 ct	30.99	1-f	SC	
Plates - Paper	Dixie	1000 ct	8.55	2-f	SC	
Replacement Light Bulbs; We sell a long life bulb	Eveready	Mini-Mag 1 or 2 cell	2.36	5	W	Get the right kind for your flashlights
Replacement Light Bulbs		Regular 1;2;3 cell	1.54	5	W	
Rope; String; Cord		assorted sizes			W	Clothes lines; and many other uses.
Seeds Get THE book on Gardening.	American Seeds	Complete Garden	0.10	4 of each	W	Get herbs and Marigolds; too
Steel Scrubbing Pads	SOS	45 ct	4.79	2-f	SC	
Super Glue	X	2 small tubes	1.00	10-f	WSC	This can be for emergency stitches
Tarps				4-f		Costco and Sams sell these for less
Tools	Pry Bar; Saws; hammers; nails; screws and drivers; knives;...					
Towels - Paper	Marathon	3000 ct	23.15	1-f	SC	
Trash Bags	Husky	250 ct/33 gal	11.49	2-f	SC	
Utensils, Plastic: Forks, Knives, Spoons	Dixie	500 ct	5.99	2-f	SC	
Wood; Tree Saw					W	

Scientific Calculator The Best technical reference book	Casio	Solar	17.00	1-f	WSC	Wrap it up in aluminum foil and store it away.
Water Jugs 55 gal			20.00		Sams	need sku#

Optional Buys

Food

Chicken; Canned		12 oz /3 cans	7.89	%	SC	
Corned Beef; Canned	Hormel	12 oz /3 cans	4.39	%	SC	
Evaporated Milk	Borden	12 oz /8	5.79		SC	Must for small children
Jelly		.5 oz /200	6.29	%	SC	Observe the expiration Dates
Ketchup	Hunts	9 g /1000	16.53	%	SC	
Mayo Packets		12 g /200	7.00	%	SC	
Mustard		.2 oz /500	4.29	%	SC	
Tuna; Canned		6.5 oz /8	3.92	%	SC	
Turkey; Canned		12 oz /3 can	7.29	%	SC	Being phased out @ Costco
Velvetta -Cheese Food		3#	6.49	4	WSC	

Supplies

Alkaline Recharger	Eveready	for aaa;aa;c;d	19.97	2-f	W	
Batteries Alkaline Rechargeable		C + D -2 pak	5.97	4 sets per light	W	
Batteries Alkaline Rechargeable		AA + AAA -4 pak	6.47	4 sets per light	W	
Emergency Blankets		Thin mylar foil	1.96	2	W	
Engine Oil - 2 cycle					WSC	For the chain saw; etc.
Engine Oil - Car engine + Transmission					WSC	
Lawn Mower Spark plugs	Generator/ chain saws		1.34	5 per motor	WSC	Get the right sizes for your engines; the most popular size is J17Y-LM
Pencils		144 pack	6.99	1-f	WSC	Check the dollar stores
Pens	papermate	72	5.99	1-f	WSC	
Rain ponchos		heavy duty	6.00	2	W	The all purpose tarp + cover.
Solar Shower		1 gal	6.96	2-f	W	Buyer the bigger one if available

Items to add to table:

MUST BUY Items:

[Build Your Ark](#), A guide to:

[Solar Cooking](#) A primer / cookbook

More items to add to the table. Making a table is painful on my web page maker, it ain't perrtty but this works!

Bike supplies:

Tubes, tires, PATCHES, cables (inner wires), oil (wd40) for chains and cables.

Gloves, Helmets, generators / lights, saddle bags / baskets, kidde carriers (also for stuff).

Knee pads, and gloves for the kids!

Garden supplies:

Epsom Salt (great for tomatoes), Fertilizer (costco sells miracle gro now for \$10/ box!)

Garden tools: See <http://hearthoe.com/product.htm> the Disc Hoe (not the music genre', but music to your soul when clearing ground cover for zee garden.)

Please mention Ofuzzy1.com when you buy one.

It's a must buy, what took me 30 minutes to do with a shovel, took me 10 minutes to do TWICE as much.

BTW we just planted our garden, and we used some beans right from the grocery store. Black, Pink, Garbonzo, and Soy. These came right out of the bag for cooking, had over 80% sprout! They produced very well, amazing well. [2000April] Also we planted sweet potatoes grown from a grocery tatter that had some root left on it, stuck it in a wide mouth jar and supported it with tooth picks. It and sprouted some nice stems within 2 weeks and we snipped the stems and stuck them in wet soil and watered them daily for about a week. After 5 months of near total neglect, every else during the summer had died, we had solarized our beds to kill the nematodes, and planted summer hardy stock in some pots - the only thing that had survived was the sweet potatoes, with near total neglect. We yielded ~3# from 5 vines in 3 pots! We're totally amazed.

Diapers:

Cloth!, Flannel for wipes, diaper pins, plastic pants, diaper pail(s), laundry soap [lots], baking soda [lots].

Laundry:

laundry soap [lots], clothes lines INSIDE and OUTSIDE as mentioned before 2-3 5 gallon buckets with lids, mop wringer [now a clothes wringer, brilliant!]

Medicine:

Alcohol (rubbing), Hydrogen peroxide, Band-Aids, Butterfly Band-Aids (instant stitches).

Ipecac syrup. Activated Charcoal !!

VITAMINS: ADULT and CHILDREN / INFANTS

INFANT meds!

Dish soap and sponges, steel wool.
Lye for making soap, get a book -- never use metal tools!

Foot wear:

Socks, boots, sneakers, sandals, river shoes.

Spark plugs, fan belts, ignition wires, spare fuses, radiator hoses, fuel stabilizers
New tires, oil, filters (fuel, oil, AIR). For a LIFETIME reusable air filter get a filter made by K&N Engineering call 1.888.murrays, if you can't find it locally. Murray's will require a copy of your ID and your credit card by fax, they've been burned by too many credit card scammers -- but the price is worth the hassle. fax 305.769.1228.

Canning supplies:

Jars, lids, rings, funnel, pressure canner, tongs, lid boiling rack (handy but optional)
800.776.0575 www.kitchenkrafts.com . Not the best prices, but they have them in stock good folks!
For jars free jars, put a sign up at work asking for Classico and / or Five Brothers pasta jars they're mason jars -- in an odd size 24 oz. But it's free and cook them as quart size jars.
Odd Lots / Big Lots HAD jars and lids for cheap, long gone. Albertsons, sells some, at an OK price.

Tools:

HAND! HAND!, HAND drills, HAND saws, HAND widgets, HAND garden tools!

Cookware:

BLACK cook pots for solar cooking, visit my web page's links page and click through to the solar oven links.
Don't forget the thermos (2) for slow cooking!

Carpet Sweeper, a non-electric carpet vacuum, typically seen in restaurants

Canned Salmon: has several "Essential Fatty oils"

Cod Liver Oil and Castor Oil

Vitamin E

solar battery charger, for AAA, AA, C, & D

solar powered radio, and flashlights

Bicycles: fixup or replace your and get spare parts: tubes, tires, brake pads, cables.

If you have young children then a bike child carrier.

RAISINS - dried fruits!! LOTS of it!! -

Charcoal and grille for cooking -- OUTSIDE ONLY! Bad, bad fumes.

Beano - the digestive enzyme -- *burp!* :^)

games: Deck of cards (costco), marbles and board games to keep from getting bored: [Monopoly](#), [Scrabble](#)....

30#+ Plant fertilizer 10-10-10 or better, 20#. Costco's brand of 20-20-20 for \$10 /12.5#

A burn bucket, for burning trash and emergency cooking, any 5 Gallon metal paint bucket or small metal trash can. YOU MUST add a spark grate, any iron/steel (fine / small) mesh will do.

A water tote'in / people hauling [\\$50 Wagon](#) or [\\$20 Wagon](#) Radio flyer Wagon; bigger is better.