52 Week List Of Item to Buy Amount Comments

1 Nuts 2 lbs (1 kg) per person Buy them on sale after Christmas. Drug stores are often a good source. Dry roasted keep best. Freeze bagged ones.

2 Detergents, Bleaches, Cleansers Bleach - 1 gal (4 lt) per person, Laundry soap - 20 lbs (9 kg) per person.

3 Medicine Chest: Feminine Products, Pepto Bismol, Cough Syrup, Tylenol, Calamine Lotion, Kaopectate, Ipecac, Sunscreen, etc. -- Dispose of all outdated medications

4 Canned Meats: Tuna, Spam, Dried Beef

5 First Aid Supplies: Band-Aids, Antibiotic Ointment, Ace Bandages, Steri-strips, etc.

6 Fill your water jugs

7 Peanut Butter 10 lbs (4.5 kg) per person

8 Solid Vegetable Shortening 12 lbs (5.5 kg) per person

9 Juices -- Avoid watered products. Get 100% juice.

10 Toothpaste, Floss, Razors, Shaving Cream

11 Mixes: Cake, Pancake, Muffin, etc You need an annual total of 300 lbs (136 kg) of grain products per person. Purchase or make your own. Counts for part of grain requirement.

12 Spices and Herbs -- Look for bargains at health food stores or ethnic food stores.

13 Rice Buy 10, 15, or 20 pounds (4.5, 7 or 9 kg). Counts toward grain total

14 More First Aid: Gauze Patches, Swabs, Cotton Balls, Tape, etc.

15 Pasta -- Select a variety. Counts toward grain total

16 Dry Milk 100 lbs (45 kg) per person per year

17 Sewing Kit: Thread, Pins, Needles, Buttons, Snaps, Zippers, Tape Measure, Scissors -- Consider your family's needs.

18 Flour 50 lbs (23 kg) per person. Counts toward grain requirement

19 Dry or Canned Soup

20 Gelatin or Pudding Mixes

21 Garden Seeds -- Buy locally, if you haven't mail- ordered them. Get only what you will plant and eat. Consider what you can preserve and eat.

22 More Flour 50 lbs (23 kg) per person. Counts toward grain

23 Cord, Twine or Light Rope; Flashlights and Batteries

24 Cheese -- Grate and freeze for casseroles or soups.

25 Paper Towels, Aluminum Foil, Garbage Bags, Freezer Bags, etc

26 Vinegar -- If you make pickles, have several gallons on hand

27 Condiments: Mustard, Mayo, Relish, Worcestershire

28 Jams and Jellies -- Buy what you will not make yourself

29 Canned Goods Vegetables: 150 lbs (68 kg) per person Fruits: 80 qts (76 lt) per person Buy what you eat

30 Canned Milk 100 lbs (45 kg) per person per year

31 Back to school and office supplies

32 Baking Powder, Soda, Cornstarch, Baking Soda 2 lbs (1 kg) per person each item except soda - buy 3 lbs (1.5 kg) per person

33 Tomatoes: Juice, Sauce, Whole or Paste Buy or make it. Counts as part of vegetables

34 Canned Fruit 80 quarts (76 lt) per person Buy or can it yourself

35 More Canned Fruits and Vegetables Vegetables: 150 lbs (68 kg) per person
Fruits: 80 qts (76 lt) per person

36 Sugar, extra 100 lbs (45 kg) per person Buy an extra 25 lbs (11.5 kg)

37 Vegetables 150 lbs (68 kg) per person per year Can or freeze from garden or purchased fresh, or buy more canned

38 Dried Beans, Peas 100 lbs (45 kg) per person -
39 Sweeteners: Honey, Molasses, etc -- Counts toward sugars

40 Iodized Salt Ten or more containers For canning, get canning salt.

41 Personal Products: Soap, Deodorant, Toilet Paper, Shampoo, etc Hand soap -15 per person, Toilet Paper - one roll per week

42 Canned Soup -- Counts toward vegetables
43 Can something with apples

44 Hard candy for Halloween -- Leftovers will make a good addition to your 72 hour emergency kit.

45 Vitamins 365 vitamins per person. Get extra C and Calcium

46 Baking Items: Cocoa, Coconut, Nuts, Chocolate Chips, etc

47 Rolled Oats, Corn Meal, Cream of Wheat -- Counts as grains

48 Sugars: Brown, White, Powdered -- Counts toward 100 lbs (68 kg) per person total

49 Vegetable and Olive Oils 12 lbs (5.5 kg) per person Get good quality

50 Candles and Matches -- Put in a sturdy box (preferably fireproof) and in a cool place you can locate in the dark.

51 Popcorn -- Purchase large bags. Counts toward grains

52 Merry Christmas! -- Give yourself a great gift--security.

Mormon Month-by-Month List Month Item Amounts
January Salt
Water
Bedding
5 lbs (2.25 kg) per person
14 gallons (53 lt) per person
Enough for each person

February Fat or Oil
Flashlights
First Aid Supplies
20 lbs (9 kg) per person

March Grains
Garden Seeds
300 lbs (136 kg) per person (wheat, rice, corn, other)

April Grains
Clothing/Sewing Supplies 300 lbs (136 kg) per person (wheat, rice, corn, other)

May Dry Milk
Matches, Candles 75 lbs (35 kg) per person

June Dry Milk
Kerosene Containers or
Other Fuel Containers

July Sugar/Honey
Kerosene or Other Fuel
60 lbs (27 kg) per person

August Sugar/Honey
Wood/Kerosene
Cleaning Supplies

September Dried Legumes
Personal Hygiene Supplies
60 lbs (27 kg) per person

October Dried Legumes
Baby items, if applicable

November Emergency Kits
Catch up on previous items

December Emergency Kits
Catch up on previous items