

January



Food Storage Item:
21 lbs Wheat (date for rotation)

For healthy eating tips, attend a Food Sense class on January 24th or 26th.

Week 4

January 22-31, 2012

Add \$10 to cash to emergency cash stash.



Week 3

January 15-21, 2012

Add 1½ gallons of water per person to 72-hour kit.



Week 2

January 8-14, 2012

January 12 -Attend USU Extension Class about building strong families: kids & self esteem. Call 725-6263 for more information.



Week 1

January 1-7, 2012

Obtain a suitable 72-hour kit container (backpack, duffel bag, rolling suitcase).

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February



Food Storage Item:
21 lbs. rice (date for rotation)

For healthy eating tips, attend a Food Sense class on February 23rd or 28th.

Week 8

February 19-25, 2012

Add a can opener to 72-hour kit.



Week 7

February 12-18, 2012

Add 2 cans tuna fish or canned meat to 72-hr kit.



Week 6

February 5-11, 2012

Feb 9- Attend USU Extension Class Food Storage Cooking School & Family Emergency Prep: Wheat Berries & Family Plan



Week 5

January 29-Feb 4, 2012

Place a flashlight next to your bed and one in alternate location; check batteries.

February



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January 31-Feb 6, 2010

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March



Food Storage Item:
21 lbs. pasta (date
for rotation)

For healthy eating tips, attend a Food
Sense class on March 20th or 29th.

Week 13

March 25-31, 2012
Add \$10 cash to emergency
cash stash.



Week 12

March 18-24, 2012
Add pocket/utility knife to
72-hour kit.



Week 11

March 11-17, 2012
March 11- Set your clocks
forward. Check the batteries in
smoke and carbon monoxide
detectors. Make an escape
plan.



Week 10

March 4-10, 2012
March 15- Attend USU
Extension Class Food Storage
Cooking School & Family
Emergency Prep: Dry Milk &
Deciding to Stay or Evacuate.



Week 9

February 26-March 3, 2012
Add blanket to 72-hour kit.

March



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21 lbs. pasta (date
for rotation)

For healthy eating tips, attend a Food
Sense class on March 20th or 29th.

Week 13

March 25-31, 2012
Add \$10 cash to emergency
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March 15- Attend USU Extension
Class Food Storage Cooking
School & Family Emergency
Prep: Dry Milk & Deciding to
Stay or Evacuate.



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February 26-March 3, 2012
Add blanket to 72-hour kit.

April



Food Storage Item:
15 lbs. Beans (date for rotation)

For healthy eating tips, attend a Food Sense class on April 17th or 26th.

Week 17

April 22-30, 2012

Add 48 ounces of non-carbonated canned juice to 72-hour kit (date for rotation).



Week 16

April 15-21, 2012

Add 1 container "wet naps" or wipes to 72-hour kit.



Week 15

April 8-14, 2012

April 12- Attend USU Extension Food Storage Cooking School and Family Emergency Prep: Rice & Oatmeal & Utility Shut-off



Week 14

April 1-7, 2012

Add 1 bar of soap, toothpaste, and toothbrush to 72-hour kit.

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Food Storage Item:
15 lbs. Beans (date for rotation)

For healthy eating tips, attend a Food Sense class on April 17th or 26th.

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Add 48 ounces of non-carbonated canned juice to 72-hour kit (date for rotation).



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April 1-7, 2012

Add 1 bar of soap, toothpaste, and toothbrush to 72-hour kit.

May



Food Storage Item:
21 lbs. oatmeal (date for rotation)

For healthy eating tips, attend a Food Sense class on May 15th or 24th.

Week 22

May 27-31, 2012
Add peanut butter to 72-hour kit and food storage.



Week 21

May 20-26, 2012
Add hard candy (jolly ranchers, lifesavers) to 72-hour kit.



Week 20

May 13-19, 2012
Add one box of matches to 72-hour kit



Week 19

May 6-12, 2012
May 10 – Attend USU Extension Food Storage Cooking School and Family Emergency Prep: Dry Beans & 72-hour kits. Add \$10 cash to emergency cash stash.



Week 18

May 1-5, 2012
Add a 24 pack of toilet paper to your storage.

CACHE COUNTY EXTENSION

May



Food Storage Item:
21 lbs. oatmeal (date for rotation)

For healthy eating tips, attend a Food Sense class on May 15th or 24th.

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May 27-31, 2012
Add peanut butter to 72-hour kit and food storage.



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May 20-26, 2012
Add hard candy (jolly ranchers, lifesavers) to 72-hour kit.



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UtahStateUniversity
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Add hard candy (jolly ranchers, lifesavers) to 72-hour kit.



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May 1-5, 2012
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UtahStateUniversity
CACHE COUNTY EXTENSION

June

Food Storage
Item:
5 lbs. dehydrated fruits or
veggies (date for rotation)



For healthy eating tips, attend a Food Sense class on June 27th or 28th.

Week 26

June 24-30, 2012

Add 1 box of crackers to
72-hour kit.



Week 25

June 17-23, 2012

Add disinfectant (betadine,
bleach, sterile wipes, and
hand sanitizer) to 72-hour kit.



Week 24

June 10-16, 2012

Add Ziploc bags (variety of
sizes) to 72-hour kit.



Week 23

June 1-9, 2012

Jun 1- Attend USU Extension
Food Storage Cooking School
and Family Emergency Prep:
Homemade Bread & Cash
Stash. Call 752-6263 for more
information.

June

Food Storage
Item:
5 lbs. dehydrated fruits or
veggies (date for rotation)



For healthy eating tips, attend a Food Sense class on June 27th or 28th.

Week 26

June 24-30, 2012

Add 1 box of crackers to
72-hour kit.



Week 25

June 17-23, 2012

Add disinfectant (betadine,
bleach, sterile wipes, and
hand sanitizer) to 72-hour kit.



Week 24

June 10-16, 2012

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Stash. Call 752-6263 for more
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July



Food Storage Item:
5 lbs. dry milk
(date for rotation)

For healthy eating tips, attend a Food Sense class on July 17th or July 26th.

Week 28

July 22-31, 2012

In anticipation of the canning season, get your pressure gauge tested, free on Mondays. Call 752-6263 for more information.



Week 27

July 15-21, 2012

Add 1-2 changes of clothing to 72-hour kit.



Week 26

July 8-14, 2012

July 12-Attend USU Extension Food Storage Cooking School and Family Emergency Prep: Food Preservation Basics & Water Storage. Also, add \$10 to emergency cash stash.



Week 25

July 1-7, 2012

Add battery powered lantern

July



Food Storage Item:
5 lbs. dry milk
(date for rotation)

For healthy eating tips, attend a Food Sense class on July 17th or July 26th.

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Add battery powered lantern

August



Food Storage Item:
21 lbs. wheat (date for rotation)

For healthy eating tips, attend a Food Sense class on August 21st or 23rd.

Week 35

August 26-31, 2012
Add battery-powered radio to 72-hour kit; check batteries.



Week 34

August 19-25, 2012
Add 1 lb. dried fruit to 72-hour kit (date for rotation).



Week 33

August 12-18, 2012
Add basic first aid kit to 72-hour kit.



Week 32

August 5-11, 2012
No USU Extension class this month. Register for the sewing class in October.



Week 31

August 1-4, 2012
Add \$10 cash to emergency cash stash.

August



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21 lbs. wheat (date for rotation)

For healthy eating tips, attend a Food Sense class on August 21st or 23rd.

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September

Food Storage Item:
21 lbs. rice (date for
rotation)



For healthy eating tips, attend a Food Sense class on September 18th or 20th.

Week 40

September 30- October 6

Add a small game for children or family to 72-hour kit.

Week 39

September 23-29, 2012
Add hand shovel to 72-hour kit.

Week 38

September 16-22, 2012
Add items related to individual medical needs to 72-hour kit.

Week 37

September 9-15, 2012
Add diapers, feminine hygiene supplies to 72-hour kit.

Week 36

September 1-8, 2012
Sept 6- Attend USU Extension Class Food Storage Cooking School & Family Emergency Prep: Other Food Storage & Financial Binders. Add \$10 to emergency cash stash.

UtahStateUniversity
CACHE COUNTY EXTENSION

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Food Storage Item:
21 lbs. rice (date for
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Week 36

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Sept 9- USU Extension Food Storage Cooking: Dry Beans. Call 752-6263 for more info. Add \$10 to emergency cash stash.

UtahStateUniversity
CACHE COUNTY EXTENSION

October

Food Storage Item:
5 lbs. cocoa (date
for rotation)



For healthy eating tips, attend a Food Sense class on October 16th or 19th.

Week 44

October 28-31, 2012
Add 1 axe to 72-hour kit.



Week 43

October 21-27, 2012

Add 1 large roll heavy duty aluminum foil to 72-hour kit.



Week 42

October 14-20, 2012

Add \$10 cash to emergency cash stash.



Week 41

October 7-13, 2012

Switch out the clothes in your 72 hour kit with warmer clothes for winter months.

October

Food Storage Item:
5 lbs. cocoa (date
for rotation)



For healthy eating tips, attend a Food Sense class on October 16th or 19th.

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November



Food Storage Item:
15 lbs. beans (date for rotation)

For healthy eating tips, attend a Food Sense class on November 13th or 29th.

Week 48

November 24-30, 2012
Make sure your financial binder is complete. Send one copy to family member/friend in a separate location, preferably another state.



Week 47

November 18-24, 2012
Add 1-2 boxes pre-sweetened cereal to 72-hour kit.



Week 46

November 11-17, 2012
Check batteries in smoke detector and carbon monoxide detector. Practice escape routes.



Week 45

November 1-10, 2012
Nov 4- Set your clocks back.
Nov 8 or 10- Attend USU Extension Holiday Class. Call 752-6263 for more information. Add \$10 to emergency cash stash.

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15 lbs. beans (date for rotation)

For healthy eating tips, attend a Food Sense class on November 13th or 29th.

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15 lbs. beans (date for rotation)

For healthy eating tips, attend a Food Sense class on November 13th or 29th.

Week 48

November 24-30, 2012
Make sure your financial binder is complete. Send one copy to family member/friend in a separate location, preferably another state.



Week 47

November 18-24, 2012
Add 1-2 boxes pre-sweetened cereal to 72-hour kit.



Week 46

November 11-17, 2012
Check batteries in smoke detector and carbon monoxide detector. Practice escape routes.



Week 45

November 1-10, 2012
Nov 4- Set your clocks back.
Nov 8 or 10- Attend USU Extension Holiday Class. Call 752-6263 for more information. Add \$10 to emergency cash stash.

December



Food Storage Item:
21 lbs. pasta (date for rotation)

Week 52

Dec 23, 2012-January 1, 2013
Happy New Year! You've given yourself a great gift – security and some food storage. But don't stop here. Start all over again in the New Year to rotate and replenish those supplies you've used.



Week 51

December 16-22, 2012
Merry Christmas! Add some extra baking supplies to your food storage.



Week 50

December 9-15, 2012
Add paper/plastic cups, plates, and utensils to 72-hour kit.



Week 49

December 1-8, 2012
Add 1 lb. Graham crackers to 72- hour kit.

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December



Food Storage Item:
21 lbs. pasta (date for rotation)

Week 52

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