

## January

*Follow the guidelines month by month and by the end of the year you'll have a great stock of food storage and a fully-equipped emergency kit.*



### **Week 1**

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

### **Week 2**

Obtain a suitable emergency kit container (backpack, duffel bag, rolling suitcase).

### **Week 3**

Add 1-1/2 gallons of water per person emergency kit.

### **Week 4**

Add \$10 cash to emergency cash stash.

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## February

*Follow the guidelines month by month and by the end of the year you'll have a great stock of food storage and a fully-equipped emergency kit.*



### **Week 5**

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

### **Week 6**

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

### **Week 7**

Add 2 cans tuna fish or canned meat to emergency kit.

### **Week 8**

Add a can opener to emergency kit.

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## March

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### **Week 9**

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

### **Week 10**

Add blanket to emergency kit.

### **Week 11**

Check the batteries on smoke and carbon monoxide detectors. Make an escape plan.

### **Week 12**

Add pocket/utility knife to emergency kit.

### **Week 13**

Add \$10 cash to emergency cash stash.

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## April

*Follow the guidelines month by month and by the end of the year you'll have a great stock of food storage and a fully-equipped emergency kit.*



### **Week 14**

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

### **Week 15**

Add 1 bar of soap, toothpaste, and toothbrush to emergency kit.

### **Week 16**

Add 1 container "wet naps" or wipes to emergency kit.

### **Week 17**

Add 48 oz. of non-carbonated, canned juice to emergency kit (date for rotation).

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## May

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### **Week 18**

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

### **Week 19**

Add a 24 pack of toilet paper to your storage.

### **Week 20**

Add one box of matches to emergency kit.

### **Week 21**

Add hard candy (lifesavers, jolly ranchers) to emergency kit.

### **Week 22**

Add peanut butter to emergency kit and food storage.

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## June

*Follow the guidelines month by month and by the end of the year you'll have a great stock of food storage and a fully-equipped emergency kit.*



### **Week 23**

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

### **Week 24**

Add disinfectant (betadine, bleach, sterile wipes, and hand sanitizer) to emergency kit.

### **Week 25**

Add Ziploc bags (variety of sizes) to emergency kit.

### **Week 26**

Add 1 box of crackers to emergency kit.

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## July

*Follow the guidelines month by month and by the end of the year you'll have a great stock of food storage and a fully-equipped emergency kit.*



### **Week 27**

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

### **Week 28**

Add battery powered lantern to emergency kit.

### **Week 29**

Add 1-2 changes of clothing to emergency kit.

### **Week 30**

In anticipation of the canning season, get your pressure gauge tested, free! Call your Extension Office for more information.

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## August

*Follow the guidelines month by month and by the end of the year you'll have a great stock of food storage and a fully-equipped emergency kit.*



### **Week 31**

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

### **Week 32**

Add \$10 cash to emergency cash stash.

### **Week 33**

Add basic first aid kit to emergency kit.

### **Week 34**

Add 1 lb. dried fruit to emergency kit (date for rotation).

### **Week 35**

Add battery powered radio to emergency kit; check batteries.

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# September

*Follow the guidelines month by month and by the end of the year you'll have a great stock of food storage and a fully-equipped emergency kit.*



## **Week 36**

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

## **Week 37**

Add \$10 to emergency cash stash.

## **Week 38**

Add diapers, feminine hygiene supplies to emergency kit.

## **Week 39**

Add items related to individual medical needs to emergency kit.

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# October

*Follow the guidelines month by month and by the end of the year you'll have a great stock of food storage and a fully-equipped emergency kit.*



## **Week 40**

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

## **Week 41**

Add a small game for children or family to emergency kit.

## **Week 42**

Add \$10 cash to emergency cash stash.

## **Week 43**

Add 1 large roll heavy duty aluminum foil to emergency kit.

## **Week 44**

Add 1 axe to emergency kit.

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# November

*Follow the guidelines month by month and by the end of the year you'll have a great stock of food storage and a fully-equipped emergency kit.*



## **Week 45**

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

## **Week 46**

Add \$10 to emergency cash stash.

## **Week 47**

Add 1-2 boxes pre-sweetened cereal to emergency kit.

## **Week 48**

Check batteries in smoke and carbon monoxide detectors. Practice escape routes.

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# December

*Follow the guidelines month by month and by the end of the year you'll have a great stock of food storage and a fully-equipped emergency kit.*



## **Week 49**

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

## **Week 50**

Add 1 lb. Graham crackers to emergency kit. Add paper/plastic cups and utensils to emergency kit.

## **Week 51**

Merry Christmas! Add some extra baking supplies to your food storage.

## **Week 52**

Congratulations! You've given yourself great gifts of security and food storage. Don't stop here! Start over again and rotate/replenish those supplies you've used in the next year.

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