










# This is "WEEK #26 of the first 26 weeks" Emergency Prep List – Grains, Vitamins & Bread Making

<b>WEEK #23</b>	<b>WEEK #24</b>	<b>WEEK #25</b>	 <b>WEEK #26</b>	
↓	↓	↓	↓	↓
<b>STEP #1&gt;&gt;&gt; PURCHASE LIST FOR YOUR 3-MONTH FOOD STORAGE PROGRAM</b>				
Wheat, hard red or white 25 lbs	Rice, white or brown or other grain- 20 lbs	Yeast, instant 4 oz	 Vitamins 3 mo. suply	
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<b>STEP #2 &gt;&gt;&gt;&gt; Your EMERGENCY DRINKING WATER</b>				
	Maintain 14 gallons per person/ 2 week supply			
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<b>STEP #3 &gt; Your FINANCIAL RESERVE/EMERGENCY FUND</b>				
\$2.00 +/- per person	\$2.00 +/- per person	\$2.00 +/- per person	 \$2.00 +/- per person	
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<b>STEP #4 &gt;Your LONG TERM FOOD STORAGE PROGRAM</b> (20-30 YR. Shelf Life, 12 month supply)				
Wheat, hard red or white 100 lbs	Rice, white or brown or other grain- 100 lbs	n/a	 n/a	
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<b>&gt;&gt;&gt;HOME STORAGE</b> (1-month supply)				
.Paper towels/napkins	Foil/Plastic wrap	Storage bags	 Trash Bags, large	
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<b>&gt;&gt;PREPAREDNESS GOALS</b>				
Learn to store grain	Learn to sprout grains	Practice bread making	 Collect Bread recipes	
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<b>&gt;&gt;EQUIPMENT GOALS</b>				
Bread Pans	Bread knife or other item	Buy food storage cookbook	 Seed sprouter	
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<b>&gt;&gt;WEEKLY INVENTORY</b>				
Baking Basics	SPICES	Fruits & vegetables	 water	

1. This list is for 1 adult. Choose things that you can afford to do or have time to do each week.
  2. Multiply amounts by the number of family members, and adjust for children, medical needs and allergies.
  3. Watch for sales and gather supplies and equipment a week at a time to gradually build up your supplies.
  4. Do step 4 after you complete Steps 1, 2 and 3.
  5. Choose what works best for your circumstances.
- Every step forward is a step forward.  
YOU CAN DO IT

Adapted from the  
[LDSFamily.blogspot.com](http://LDSFamily.blogspot.com)

