












This is "WEEK #42 of the first 44 weeks" Emergency Prep List – Oils, Fats & Fire Safety

WEEK #41		 WEEK #42		WEEK #43		WEEK #44			
↓		↓		↓		↓		↓	
STEP #1>>> PURCHASE LIST FOR YOUR 3-MONTH FOOD STORAGE PROGRAM									
Beef, canned 6 lbs		24 oz Veg, Olive, or Coc. Oil -1 lb -shortening/lard							
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STEP #2 >>>> Your EMERGENCY DRINKING WATER									
Maintain 14 gallons per person/ 2 week supply									
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STEP #3 > Your FINANCIAL RESERVE/EMERGENCY FUND									
\$2.00 +/- per person		\$2.00 +/- per person							
////////////////////////////////////									
STEP #4 >Your LONG TERM FOOD STORAGE PROGRAM (20-30 YR. Shelf Life, 12 month supply)									
n/a		n/a							
////////////////////////////////////									
>>>DISASTER CLEANUP Kit (adapted from UMCOR)									
5 gal.bucket w/lid		12 oz Household cleaner							
82 oz bleach		2 pair latex gloves							
16 oz Disinfect dish soap		1 pair work gloves							
50 oz liquid laundry soap		18 reusable cleaning towels							
////////////////////////////////////									
>>PREPAREDNESS GOALS									
Test Smoke alarms		Fire extinguisher tested							
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>>EQUIPMENT GOALS									
Smoke alarms.		Fire Extinguisher							
////////////////////////////////////									
>>WEEKLY INVENTORY									
Oils & fats		Snacks							

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.blogs
pot.com

