












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

<b>WEEK #41</b>	<b>WEEK #42</b>	<b>WEEK #43</b>	 <b>WEEK #44</b>	
↓	↓	↓	↓	↓
<b>STEP #1&gt;&gt;&gt; PURCHASE LIST FOR YOUR 3-MONTH FOOD STORAGE PROGRAM</b>				
Beef, canned 6 lbs	24 oz Veg, Olive, or Coc. Oil -1 lb -shortening/lard	Peanut/Almond butter 28 oz	 12 oz Chocolate Chips 4 oz Baking cocoa	
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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)				
n/a	n/a	n/a	 n/a	
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<b>&gt;&gt;&gt;DISASTER CLEANUP Kit</b> (adapted from UMCOR)				
5 gal.bucket w/lid	12 oz Household cleaner	1 cleaning brush	 5 scouring pads	
82 oz bleach	2 pair latex gloves	24 trash bags 30-40 gal	 7 sponges	
16 oz Disinfect dish soap	1 pair work gloves	50 clothes pins	 Air Freshener can	
50 oz liquid laundry soap	18 reusable cleaning towels	100 ft clothes line	 5 dust masks	
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<b>&gt;&gt;PREPAREDNESS GOALS</b>				
Test Smoke alarms	Fire extinguisher tested	Test Carb Mono alarm	 Have mock fire drill	
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<b>&gt;&gt;EQUIPMENT GOALS</b>				
Smoke alarms.	Fire Extinguisher	CarbonMonoxide alarm	 Home escape ladder	
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<b>&gt;&gt;WEEKLY INVENTORY</b>				
Oils & fats	Snacks	Freezer	 Toiletries	

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

