

# 12 Monthly Emergency Prep Lists | 3-month supply of food & beyond

## Spiritual Prep

## Food/Home Storage Prep Goals

JANUARY

Be Organized

Water/Beverages

Water Storage

D&C 88:119

Toiletries

- Week #1
- Week #2
- Week #3
- Week #4
- Week #5

1 can evaporated milk  
 24 oz. or 1/4 LDS #10 can cocoa drink mix  
 24 oz. or 1/4 LDS #10 can fortified fruit drink mix  
 4 lbs. or 1 LDS#10 can non-fat dry milk  
 3x64 oz. bottled juice

FEBRUARY

Be Doers

Breakfast Foods

Communication

1 Nephi 3:7

Toiletries

Emergency Skills

- Week #1
- Week #2
- Week #3
- Week #4

3 boxes breakfast cereal  
 5 lbs or 2x42 oz. canisters or 2 #10 cans oats  
 2 lbs. pancake mix AND 32 oz. pancake syrup  
 8 oz. or 1/4 #10 can powdered eggs

MARCH Be Charitable

Tomatoes/Pasta

First Aid/CPR

Mosiah 2:17

First Aid

Important Papers

- Week #1
- Week #2
- Week #3
- Week #4

12x8oz. tomato sauce AND 6x6 oz. tomato paste  
 6x15 oz. canned tomatoes AND 1 jar of salsa  
 4 lbs. dry pasta AND 2 boxes of macaroni and cheese  
 8 cans prepared pasta AND 12 pkg. ramen soup noodles

APRIL Be Clean

Soup/Fish/Beans

Sanitation

Alma 5:19

Sanitation

Hygiene

- Week #1
- Week #2
- Week #3
- Week #4
- Week #5

12 cans beans AND 2 cans of chili  
 12 cans of tuna or salmon  
 10 cans of condensed soup  
 3 cans of prepared soup  
 5 lbs. or 1 #10 can of dry beans or lentils

MAY Be Prayerful

Condiments/Spices

Emergency Cooking

2 Nephi 32:9

Food Prep

- Week #1
- Week #2
- Week #3
- Week #4

refill spices AND 3 oz. dry onions  
 12 oz. sauces  
 8 oz. salad dressing, 8 oz. mayonnaise AND 4 oz. parmesan cheese  
 5 oz. ketchup, 2 oz. mustard, 3 oz. BBQ Sauce/steak sauce

JUNE Be Healthy

Grains/Vitamins

Grain Storage

D&C 89:16

Food Prep

Bread making

- Week #1
- Week #2
- Week #3
- Week #4

25 lbs. or 4 #10 cans hard wheat, white or red LDS  
 20 lbs. or 4 #10 cans rice LDS or other grain  
 4 oz. instant yeast  
 Vitamins (3 mo. supply)

JULY	Be Guardians	Summer Foods	Emergency Drills
Alma 46:12		Toiletries	Canning
<input type="checkbox"/>	Week #1	4 ea. crackers and/or chips	
<input type="checkbox"/>	Week #2	2 boxes gelatin and/or pudding	
<input type="checkbox"/>	Week #3	2 boxes food bars, popcorn	
<input type="checkbox"/>	Week #4	3 x 6 oz. lemon juice, vinegar AND olives	
<input type="checkbox"/>	Week #5	2 x 32 oz. jelly/jam AND honey	
AUGUST	Be Nurturers	Fruits/Vegetables	Shelter/Bedding
3 Nephi 17:21		Toiletries	School Kits
<input type="checkbox"/>	Week #1	12 cans/jars fruit	
<input type="checkbox"/>	Week #2	12 cans/jars vegetables	
<input type="checkbox"/>	Week #3	16 oz. dried fruit/raisins	
<input type="checkbox"/>	Week #4	2 cans chilies and/or mushrooms	
SEPTEMBER	Be Hopeful	Meat/Potatoes	Earthquake Prep
Moroni 7:42		Laundry	Auto Kits
<input type="checkbox"/>	Week #1	6x12 oz. cans chicken/turkey	
<input type="checkbox"/>	Week #2	6 cans pork-type/Spam/Vienna sausages	
<input type="checkbox"/>	Week #3	2 cans stew	
<input type="checkbox"/>	Week #4	4 lbs. or 2 #10 cans of potato flakes/slices/etc.	
<input type="checkbox"/>	Week #5	1x24 oz. spaghetti sauce	
OCTOBER	Be Faithful	Oils/Fats	Fire Safety
D&C 61:10		Disaster Cleanup Kit	
<input type="checkbox"/>	Week #1	6 lbs. beef/corned beef/jerky	
<input type="checkbox"/>	Week #2	24 oz. vegetable/olive oil, etc. AND 1 lb. shortening	
<input type="checkbox"/>	Week #3	1x28 oz. peanut butter/almond butter, etc.	
<input type="checkbox"/>	Week #4	12 oz. chocolate/baking chips AND 4 oz. baking cocoa	
NOVEMBER	Be Grateful	Holiday Baking	Emergency Heat
Alma 37:37		Disaster Cleanup	Winter Clothing
<input type="checkbox"/>	Week #1	1x15 oz. can pumpkin AND 2x14 oz. cans broth	
<input type="checkbox"/>	Week #2	2 lbs. brown sugar AND 1 lb. powdered sugar	
<input type="checkbox"/>	Week #3	1 box stuffing mix AND 1x15 oz. can of yams	
<input type="checkbox"/>	Week #4	15 lbs. white flour AND 10 lbs. white sugar	
DECEMBER	Be Christlike	Baking Basics	Equipment
Matthew 22:39		Power & Light	Gift Giving
<input type="checkbox"/>	Week #1	4 oz. vanilla AND 4 oz. cooking spray	
<input type="checkbox"/>	Week #2	1 brownie or cake mix AND 1 frosting (opt.)	
<input type="checkbox"/>	Week #3	6.5 oz. salt AND 4 oz. cornstarch	
<input type="checkbox"/>	Week #4	5 oz. baking powder AND 4 oz. baking soda	

## Adapt, adapt, adapt!

Each week look for store sales that match your goals.

Carry your list with you when you shop or put your goals on a cell phone/iPad notepad.

If you see LDS next to an item, these items are available for you to can yourself at an LDS Home Storage Center.

JANUARY      D&C 88:119      Be Organized      Water/Beverages      Water Storage      Toiletries

<input type="checkbox"/>	Week #1	
<input type="checkbox"/>	Week #2	
<input type="checkbox"/>	Week #3	
<input type="checkbox"/>	Week #4	
<input type="checkbox"/>	Week #5	

FEBRUARY      1 Nephi 3:7      Be Doers      Breakfast Foods      Communication      Toiletries      Emergency Skills

<input type="checkbox"/>	Week #1	
<input type="checkbox"/>	Week #2	
<input type="checkbox"/>	Week #3	
<input type="checkbox"/>	Week #4	

MARCH      Mosiah 2:17      Be Charitable      Tomatoes/Pasta      First Aid/CPR      First Aid      Important Papers

<input type="checkbox"/>	Week #1	
<input type="checkbox"/>	Week #2	
<input type="checkbox"/>	Week #3	
<input type="checkbox"/>	Week #4	
<input type="checkbox"/>	Week #5	

APRIL      Alma 5:19      Be Clean      Soup/Fish/Beans      Sanitation      Hygiene

<input type="checkbox"/>	Week #1	
<input type="checkbox"/>	Week #2	
<input type="checkbox"/>	Week #3	
<input type="checkbox"/>	Week #4	
<input type="checkbox"/>	Week #5	

MAY      2 Nephi 32:9      Be Prayerful      Condiments/Spices      Emergency Cooking      Food Prep

<input type="checkbox"/>	Week #1	
<input type="checkbox"/>	Week #2	
<input type="checkbox"/>	Week #3	
<input type="checkbox"/>	Week #4	
<input type="checkbox"/>	Week #5	

JUNE      D&C 89:16      Be Healthy      Grains/Vitamins      Grain Storage      Food Prep      Bread making

<input type="checkbox"/>	Week #1	
<input type="checkbox"/>	Week #2	
<input type="checkbox"/>	Week #3	
<input type="checkbox"/>	Week #4	
<input type="checkbox"/>	Week #5	

JULY Alma 46:12 Be Guardians Summer Foods Emergency Drills Toiletries Canning

<input type="checkbox"/>	Week #1	
<input type="checkbox"/>	Week #2	
<input type="checkbox"/>	Week #3	
<input type="checkbox"/>	Week #4	
<input type="checkbox"/>	Week #5	

AUGUST 3 Nephi 17:21 Be Nurturers Fruits/Vegetables Shelter/Bedding Toiletries School Kits

<input type="checkbox"/>	Week #1	
<input type="checkbox"/>	Week #2	
<input type="checkbox"/>	Week #3	
<input type="checkbox"/>	Week #4	
<input type="checkbox"/>	Week #5	

SEPTEMBER Moroni 7:42 Be Hopeful Meat/Potatoes Earthquake Prep Laundry Auto Kits

<input type="checkbox"/>	Week #1	
<input type="checkbox"/>	Week #2	
<input type="checkbox"/>	Week #3	
<input type="checkbox"/>	Week #4	
<input type="checkbox"/>	Week #5	

OCTOBER D&C 61:10 Be Faithful Oils/Fats Fire Safety Disaster Cleanup Kit

<input type="checkbox"/>	Week #1	
<input type="checkbox"/>	Week #2	
<input type="checkbox"/>	Week #3	
<input type="checkbox"/>	Week #4	
<input type="checkbox"/>	Week #5	

NOVEMBER Alma 37:37 Be Grateful Holiday Baking Emergency Heat Disaster Cleanup Winter Clothing

<input type="checkbox"/>	Week #1	
<input type="checkbox"/>	Week #2	
<input type="checkbox"/>	Week #3	
<input type="checkbox"/>	Week #4	
<input type="checkbox"/>	Week #5	

DECEMBER Matthew 22:39 Be Christlike Baking Basics Equipment Power & Light Gift Giving

<input type="checkbox"/>	Week #1	
<input type="checkbox"/>	Week #2	
<input type="checkbox"/>	Week #3	
<input type="checkbox"/>	Week #4	
<input type="checkbox"/>	Week #5	