

# Be prudent and get your 3 month supply of food by Dec. 31, 2024

**Purchase what YOU EAT. Don't buy** an item you don't like; you won't eat it and it's a waste of money!

Figure how much you'll eat in one month of SHELF STABLE FOODS then buy accordingly multiplying amounts by 3 = enough to last 3 months.

## Examples of items to buy/store:

---**Baking:** Powdered Milk, Flour, Corn Meal or Corn Bread mix, Sugar, Salt, Baking Soda, Baking Powder, Cornstarch, Shortening/Oil, Yeast, Vinegar

### ---**Protein:**

**Beans** dry lasts longer and is cheaper... but *canned* is easy to use for a family of 1 or 2

**Canned Beans:** chili, pinto, white, kidney, black etc.

**Peanut Butter & Jam, Nuts** ---your choice (longevity on nuts 3 months+ *depends*)

**Canned Meats:** tuna, salmon, beef, chicken, pork, spam, canned tamales, etc.

**Canned Soups:** clam chowder, chicken noodle, vegetable, etc.

### ---**Grains:**

**Rice:** white or brown, your choice. Also, Rice a Roni to change it up.

Note: (rice and beans create complete protein)

**Oats, Cream of Wheat, Cold Cereal** can last 3-6 months *check date* when buying

---**Pasta:** Mac n Cheese or pasta: salad macaroni, ditalini, spaghetti, etc.

---**Sauces:** to put on pasta: spaghetti sauce or marinara sauce, tomato sauce, etc.

---**Pancake Mix: don't forget Syrup and/or Jam**

---**Potato Flakes:** from the Home Storage Center (cheaper), or boxes from the store

--- **Canned Vegetables:** green beans, corn, potatoes, tomatoes, carrots, spinach, etc.

--- **Canned Fruit:** pears, peaches, pineapple, fruit cocktail, applesauce, apricots, etc.

---**Snacks:** Granola Bars or other types of snack bars, hard candy, chocolate

--- **Favorite Spices Example:** Salt, Pepper, Cinnamon, Italian Seasoning, Cumin, Chili powder, Garlic: dried or wet in a jar, Garlic Powder, Garlic Salt, Chicken bouillon, Beef bouillon

### ---**Medical:**

Band-aids, triple antibiotic, alcohol pads or alcohol a bottle 70%,

1 Bottle of **Pain reliever** (your choice)

1 box of cold/flu multi symptom

1 container of **Allergy** Medicine you normally in the Spring/Fall (your choice)

1 box Benadryl -- allergic reactions

Pepto Bismal for upset stomach or diarrhea

---**Household:** Toilet Paper, Toothpaste. Laundry Detergent, Comet, multi-Purpose cleaner, vinegar, etc.

**WATER...** 2 gallons per person per day for 14 days = **28 GALLONS per person**