

PREPAREDNESS BABY STEPS



We've broken it down to make these preparedness goals more attainable. Just pick the goal you're working on and use the steps provided to guide you towards your goal. Don't try to tackle all of it at one time. *For more info visit: PGWard.org*

3 MONTHS OF SAVINGS IN 7 STEPS

Step 1: Pay a full (10%) tithe every pay period.

Step 2: Open a separate interest earning Savings Account.

Step 3: Calculate your Family's Financial Needs.

Step 4: Define when emergency \$ can be used.

Step 5: Enroll in automatic payroll deductions.

Step 6: Deposit a % each cycle of your pay period.

Step 7: Reevaluate % each quarter to deposit more.

(For most people, it can take one to three years to save enough money for an effective buffer against financial crises.¹)

10% deposit x 30 months = 3 months of financial reserve.



72 HOUR KITS IN 10 STEPS

Step 1: Find a Container

Step 2: Add Clothing

Step 3: Add Water

Step 4: Plan Meals & buy Food

Step 5: Add Tools & Lighting

Step 6: Add a First Aid Supplies

Step 7: Add Shelter & Warmth

Step 8: Add Medicine & Vitamins

Step 9: Add Radio and Cash

Step 10: Add other Supplies



CAR KITS IN 10 STEPS

Step 1: Find a Container

Step 2: Add Water & MREs

Step 3: Add Warm Clothes

Step 4: Add Blankets & Towels

Step 5: Add First Aid Supplies

Step 6: Add Spare Tire & Gloves

Step 7: Add Jumper Cables

Step 8: Add Flashlight & Batteries

Step 9: Add Car Tools

Step 10: Add other Supplies



2 WEEKS OF WATER IN 3 STEPS

Step 1: Choose containers/locations.

Step 2: Collect/purchase containers.

Step 3: Fill & date containers!

(1 gal/person/day)

Store more water if you can.



1 WEEK FOOD SUPPLY IN 7 STEPS

Step 1: Plan Breakfast Meals

Step 2: Make Shopping List

Step 3: Buy Breakfast Food

Step 4: Plan Lunch & Dinner Meals

Step 5: Make Shopping List

Step 6: Buy Lunch & Dinner Food

Bonus Step 7: Buy non-food items



3 MONTH FOOD SUPPLY IN 10 STEPS

Step 1: Plan Breakfast Meals

Step 2: Make Shopping List

Step 3: Buy Breakfast Food

Step 4: Plan Lunch Meals

Step 5: Make Shopping List

Step 6: Buy Lunch Food

Step 7: Plan Dinner Meals

Step 8: Make Shopping List

Step 9: Buy Dinner Food

Bonus Step 10: Buy non-food items



1 YEAR OF FOOD IN 20 STEPS

Step 1: Prepare your Space

Step 2: Calculate Family Food Needs²

Step 3: Determine Your Budget

Step 4: Make Shopping Lists

Step 5: Buy Grains³

Step 6: Buy Legumes³

Step 7: Buy Baking Ingredients³

Step 8: Buy Milk Group³

Step 9: Buy Fats & Oils³

Step 10: Buy Sugars³

Step 11: Buy/Grow Fruits

Step 12: Buy/Grow Veggies

Step 13: Can/Bottle Fruits (if not already in cans)

Step 14: Can/Bottle Veggies (if not already in cans)

Step 15: Buy Meat Group (TVP⁴ or other)

Step 16: Buy Condiments and Spices

Bonus Step 17: Buy Hygiene and Beauty

Bonus Step 18: Buy Baby Items

Bonus Step 19: Buy Medicine & Vitamins

Bonus Step 20: Buy other Misc Items



References:

¹"Emergency Savings the 'Centsible' Way," Ensign, Feb. 1992

²TrackMyFoodStorage.com

³"Food Storage for One Year," Ensign, Mar. 2006

"Home Storage—How to Begin," Ensign, Apr. 1986

"Tips for Becoming Self-Reliant," Ensign, Mar. 2000

⁴Textured Vegetable Protein

