

# 52 Week Food Storage Purchasing Plan

Use this 52 Week Food Storage Purchasing Plan to help you meet your food storage goals, but remember, "do not go to extremes; it is not prudent, to go into debt to establish your food storage all at once."

Download this file at [www.PGward.org](http://www.PGward.org)



Note: Your 72 Hour Kits should be put together first.

Week #	Qty	Measure	Food Item	Have	Need
Week 1	30	gal	Water		
Week 2	50	lbs	Wheat		
Week 3	2	tubs	Honey (tub should be approx 5 lbs)		
	2.5	lbs	Molasses		
Week 4	16	lbs	Salt		
Week 5	4	3-lbs	Shortening Regular Flavor		
	4	3-lbs	Shortening Butter Flavor		
Week 6	15	lbs	Variety of Pasta		
Week 7	25	lbs	Sugar		
Week 8	20	lbs	Pinto Beans		
	5	lbs	Lima Beans		
Week 9	3	lbs	Instant Yeast		
Week 10	50	lbs	Wheat		
Week 11	30	gal	Water		
Week 12	25	lbs	Sugar		
Week 13	50	lbs	Powdered Milk		
Week 14	50	lbs	Oats		
Week 15	75	lbs	Rice		
Week 16	6	quarts	Cooking Oil		
Week 17	15	lbs	Variety of Pasta		
Week 18	20	cans	Evaporated Milk		
Week 19	50	lbs	Flour		
Week 20	50	lbs	Wheat		
Week 21	25	lbs	White Beans		
Week 22	2	tubs	Honey (tub should be approx 5 lbs)		
	6	lbs	Corn Syrup		
Week 23	10	lbs	Jams or Preservatives		
Week 24	6	quarts	Cooking Oil		
	4	quarts	Olive Oil		
Week 25	50	lbs	Wheat		
	16	lbs	Powdered Fruit Drink		
Week 26	15	lbs	Variety of Pasta		
Week 27	50	lbs	Powdered Milk		
Week 28	25	lbs	Sugar		
Week 29	8	lbs	Peanut Butter		
	3	quarts	Mayonnaise		

Week #	Qty	Measure	Food Item	Have	Need
Week 30	50	lbs	Flour		
	3	lbs	Flavored Gelatin		
Week 31	16	lbs	Dry Soup Mix		
	10	lbs	Lentils		
	5	lbs	Split Peas		
Week 32	12	lbs	Powdered Milk		
	5	cans	Evaporated Milk		
Week 33	10	lbs	Masa Harina or Other		
Week 34	1	#10 Can	Powdered Eggs		
	1	#10 Can	Powdered Butter		
Week 35	50	lbs	Wheat		
Week 36	15	lbs	Kidney Beans		
Week 37	1	container	Vital Wheat Gluten (at least 3 cups per container)		
Week 38	5	lbs	Sugar		
	10	lbs	Brown Sugar		
	4	lbs	Powdered Sugar		
Week 39	30	lbs	Oats		
Week 40	3	quarts	Salad Dressing		
Week 41	12	lbs	Variety of Pasta		
Week 42	5	lbs	White Beans		
	5	lbs	Kidney Beans		
	5	lbs	Soy Beans		
Week 43	1	#10 Can	Powdered Eggs		
Week 44	20	lbs	Black Beans		
Week 45	50	lbs	Wheat		
Week 46	11	lbs	Variety of Pasta		
Week 47	4	gal	Bleach		
Week 48	50	lbs	Wheat		
Week 49	10	lbs	Barley		
	4	quarts	Vinegar		
Week 50	50	lbs	Wheat		
Week 51	2.5	lbs	Baking Powder		
	2.5	lbs	Baking Soda		
Week 52	50	lbs	Rice		

These are the basics for 1 year. This sheet has been customized for your family's basic food storage needs. Children's portions are the same as adults, technically they really only need less grains. You can change items to fit your needs and tastes. You would still need to purchase a grain mill, and also purchase or provide containers, lids, oxygen and moisture absorbers for preserving most of these items. **Manage your Storage: [www.TrackMyFoodStorage.com](http://www.TrackMyFoodStorage.com) - their basic service is free!**

\* OR store canned beans which are already soaked and cooked Store 2 1/2 times the quantity of dried beans. These beans, when drained, produce the least problems with gas.

Note: This document was created by Linda & Clark Winegar for an Emergency Preparedness Activity, it is meant to be used as a guide.