

Food Storage & Disaster Preparedness Calendar

JANUARY

FEBRUARY

MARCH

APRIL

Food Storage	Food Storage	Food Storage	Food Storage
Breakfast cereal	Instant potatoes	Wheat, red or white	Peanut butter
Canned chili	Brownie mix	Cornmeal	Jam or Jelly
Canned prepared soups	Oatmeal	Rice, long-grain & instant	Macaroni & cheese
Bouillon granules	Chocolate candy	Oats	Mandarin oranges, canned
Eggs, powdered	Lemon juice	Packaged pasta	Pears, peaches, canned
Bottled or canned juices	Confectioners sugar	Fruit drink mix	Fruit cocktail, canned
Soy sauce	Food bars	Salt	Carrots, peas, canned
Muffin mixes	Hot cocoa	Dough enhancer	Canned pinto, black beans
Quick bread mix	Salad dressing	Spam	Canned ravioli, spaghetti
Salsa	Microwave popcorn	Cornstarch	Vinegar
Baby food	Frosting, canned	Snack crackers	Parmesan cheese
Powdered sour cream	Molasses	Worcestershire sauce	Alfredo sauce
Toiletries	Toiletries	Toiletries	Toiletries
Feminine items	Toothbrushes	Toilet paper	Shampoo
Lotion	Toothpaste	Facial tissue	Conditioner
Paper & Cleaning	Paper & Cleaning	Paper & Cleaning	Paper & Cleaning
Bleach	Disinfectant (like Pine sol)	Paper towels	Storage bags
Laundry Detergent	Clorox wipes	Napkins	Plastic utensils
Freezer Foods	Freezer Foods	Freezer Foods	Freezer Foods
Bread	Bread	Bread	Bread
Roasts	Butter	Frozen vegetables	Ham
Fish	Lasagna	Steak	Hash browns
	Seafood	Pork	Shredded cheese
Garden	Garden	Garden	Garden
Prune apple trees	Garden seeds indoors	Transplant cool seedlings	Vegetable & fruit plants
Order seeds	Till garden soil	Add nutrients to soil	Plant cool weather crops
Medical & First Aid	Medical & First Aid	Medical & First Aid	Medical & First Aid
pain reliever (adult/child)	cold compress	latex gloves	anti-diarrhea medicine
aspirin	rolls of gauze	tweezers	antihistamine
thermometer	large bandages	scissors	germicide wipes
72-Hour Kit Personal Pack	72-Hour Kit Personal Pack	72-Hour Kit Food Pack	72-Hour Kit Clothing
backpack, suitcase, etc.	N95 face masks	3 day supply food	rain poncho
emergency contact list	personal meds	3 day supply water	sunglasses
copies personal items	hand warmers	candy, gum	hat
recent family photo	paper & pen		pants
city map	travel size toiletries		2 pairs of socks
small flashlight like Maglite	book to read, or activities		shirts
mini first aid kit	washcloth		mittens
light stick on neck cord	small mirror		change of underwear
whistle on neck cord	toilet paper		
feminine/sanitary items	comb & hair items		
spending money	space blanket		
razor	waterproof matches		
Equipment & Fuel	Equipment & Fuel	Equipment & Fuel	Equipment & Fuel
Hand wheat grinder	Chain saw	Portable heater	Cook stove
Batteries, various	5-gallon gas cans	Fuel for heater	Cook stove fuel
Preparedness books	Extra saw blade	Walkie Talkie	Matches
Emergency Prep	Emergency Prep	Emergency Prep	Emergency Prep
Family emergency plan	How to shut off gas meter	Photo home contents	Copy important papers
Out of state contact	How to shut off water meter	and keep copy in safe	put in grab & go container

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MAY

JUNE

JULY

AUGUST

Food Storage	Food Storage	Food Storage	Food Storage
BBQ sauce	Bottled water	Bottled water	Apple slices, dehy.
Steak sauce	Powdered milk	Jell-O	Dry onions
Mayonnaise	Dry beans	Pudding	Macaroni
Relish/Pickles	Split peas and lentils	Ketchup	Popcorn or dried corn
Olives	Dried vegetables	Mustard	Dry potato slices or dices
Refried beans	Butter powder	Gatorade powder	Cracked wheat cereal
Baked beans	Dried fruit, raisins	Soda crackers	Hamburger helper
Enchilada sauce	Salad dressing	Canned beef	Food bars
Green chilies	Croutons	Canned chicken	Drink boxes
Taco sauce	Lemonade mix	Canned ham	Hot pepper sauce
Pancake syrup	Pancake mix	Canned corned beef	Cheese sauce
Soda	Tapioca	Chips	Powdered cheese blend
Toiletries	Toiletries	Toiletries	Toiletries
Baby diapers	Contact solution	Razors	Soap/body wash
Baby wipes	Mouthwash	Shaving cream	Deodorant
Paper & Cleaning	Paper & Cleaning	Paper & Cleaning	Paper & Cleaning
Bleach	Laundry stain remover	Paper cups	Lawn trash bags
Laundry Detergent	Dish soap	Paper plates	Lunch bags
Freezer Foods	Freezer Foods	Freezer Foods	Freezer Foods
Bread	Bread	Bread	Bread
Strawberry jam or berries	Roasts	Buns	Tortillas
Ground beef	Strawberries	Berry freezer jam	Ice cream
Popsicles	Sausage	Hamburgers/hot dogs	
Garden	Garden	Garden	Garden
Vegetable & fruit plants	Thin fruit on trees	Harvest some veggies	Start fall/winter veggies
Plant warm weather crops	Thin vegetable plants	Clear area for fall crops	Harvest some veggies
Medical & First Aid	Medical & First Aid	Medical & First Aid	Medical & First Aid
sunscreen	small Vaseline	First Aid Manual	eye patch
insect repellent	measuring spoon	consecrated oil (LDS)	ear drops
calamine lotion	assorted band aids	antiseptic spray	eye drops
Family Emergency Kit	Family Emergency Kit	Family Emergency Kit	Family Emergency Kit
5 or 6 gal. bucket or bag	cases of bottled water	2 hand towels	5-gal water carrier
bucket lid	crescent wrench	plastic safety goggles	filtered water bottle
gas shutoff	duct tape	heavy rope	water purification tablets
heavy duty trash bags	large flashlight	bungee cords	am/fm radio
family first aid kit	spare flashlight batteries	pry bar	spare radio batteries
include medicine	hand can opener	folding shovel	pliers
sewing kit	mess kits	hatchet	vise grips
scissors	disposable hand wipes	whet stone	hammer
liquid hand soap	sun block	emergency candle	tarps
work gloves	insect repellent	toilet seat for bucket	multi-function army knife
Equipment & Fuel	Equipment & Fuel	Equipment & Fuel	Equipment & Fuel
Canning jars & lids	Lumber for FS shelves	Generator	Water containers
Canner	Firewood	Charcoal & lighter fluid	Water pump if needed
Canning tools	Large cooler	Dutch oven	Family tent
Emergency Prep	Emergency Prep	Emergency Prep	Emergency Prep
Establish financial reserve	Signup for CERT classes	Backup family photos and	Bag with shoes and
Emergency cash at home	Learn CPR	Send photos out of state	flashlight under bed

Food Storage & Disaster Preparedness Calendar

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

Food Storage	Food Storage	Food Storage	Food Storage
Condensed soups	Vegetable & other oils	Canned pumpkin	Sugar
Canned tomatoes	Shortening	Sweet potatoes/Yams	Flour
Canned kidney, northern beans	Graham crackers	Stuffing	Baking cocoa
Canned tuna	Corn syrup	Spices - cinnamon, etc.	Baking chocolate
Canned corn, green beans	Dried cranberries	Cake mix	Chocolate or baking chips
Canned stew	Baking powder & soda	Marshmallows	Lipton onion soup
Honey	Applesauce	Pie filling	Nuts
Canned pineapple	Sloppy Joe	Broth - beef & chicken	Extracts - vanilla, almond
Canned mushrooms	Candy	Gravy	Vitamins
Spaghetti sauce	Biscuit mix	Cooking spray	Evaporated milk
Cornbread mix	Dried peppers	Brownie mix	Marshmallow crème
TVP - chicken, beef, etc.	Gum	Brown sugar	Bread crumbs
Toiletries	Toiletries	Toiletries	Toiletries
Lip balm	hand sanitizer	cotton balls	Makeup
Floss	Vaseline	Q-tips	Baby powder
Paper & Cleaning	Paper & Cleaning	Paper & Cleaning	Paper & Cleaning
Bleach	Paper towels	Foil	Kitchen trash bags
Laundry Detergent	Napkins	Plastic wrap	Paper bowls
Freezer Foods	Freezer Foods	Freezer Foods	Freezer Foods
Bread	Bread	Bread	Bread
Yeast	Bananas	Whipped topping	Bacon
Chicken breasts	Bell Peppers	Turkey	Bread rolls
		Pies	
Garden	Garden	Garden	Garden
Harvest crops	Harvest crops		Review seed catalogs
Prune pears	Soil cleanup		
Medical & First Aid	Medical & First Aid	Medical & First Aid	Medical & First Aid
rubbing alcohol	CPR mouth barrier	antacid	cold medicine
hydrogen peroxide	adhesive tape	cotton balls	cough drops
hydrocortisone cream	adhesive tape	Q-tips	decongestant
72-Hour Kit Food Pack	Pet 72-Hour Kit	Car Kit	Car Kit
3 day supply food	Pet food	Water bottles	Duct tape
3 day supply water	Leash	Food bars, etc.	Snow scraper
candy, gum	Water	Flare	Detailed area map
	Bowl	Matches	Whistle
	Pet carrier	Jumper cables	Small mirror
		Blanket	Pocket knife
		Flashlight and batteries	Small toiletries
		Toilet paper roll	Good shoes
		Work gloves	Hat
		Umbrella	Paper towels
		Plastic trash bags	Hand wipes
Equipment & Fuel	Equipment & Fuel	Equipment & Fuel	Equipment & Fuel
Sleeping bags	BBQ	ABC fire extinguisher	Electric wheat grinder
Sleeping pad	Fuel for BBQ	Smoke detector	Lantern
Freezer	Blankets	Fire escape ladder	Solar shower
Emergency Prep	Emergency Prep	Emergency Prep	Emergency Prep
Learn school disaster plan	Test smoke detectors	Latches on cupboards	Strap water heater to wall
Find emergency contacts	Have family fire drill	Brace shelves/cabinets	Secure shelf items