

# A Twelve Week Plan

**to gather a 3 Month Supply for a family of four! (What you need to buy each week.) At the end of 12 Weeks, you will have your 3 month supply!**

## Week 1

Spaghetti Dinner

8 oz Spaghetti noodles 6 lbs

1 (26 Oz) Spa. sauce w/ meat 12 jars

Boil noodles according to package directions. Drain. Add sauce to noodles, stir and heat through.

(Per Person)

2 gallons water

2 toothbrushes Cost approx. \$20

## Week 2

Tuna Noodle Casserole (or Chicken)

8 oz spiral noodles 6 lbs

1 can Tuna (drain) 12 cans

1 can Cream of Mush. Soup 12 cans

2/3 Cup powdered milk 2 quarts

1 gallon water (per person)

12 pack toilet paper (double rolls)

Cost approx. \$25

## Week 3

Bean Burrito Enchiladas

1 (16 oz.) can refried bean 12 cans

1 (12 Oz) can enchilada sauce 12 cans

12 flour tortillas or

3 cups unbleached flour 36 cups

2 tsp. Baking powder 1 canister

1 tsp. Salt 1 canister

4-6 Tlbs. Shortening 1 tub

About 1 1/4 cups warm water

Mix dry ingredients in a large bowl. Cut

in shortening. Add warm water a little at a time until your dough is soft and not sticky. Knead for a few minutes. Now pull off pieces of dough to form about 12 small dough balls. Let them rest for at least 10 minutes. Dust the ball with a little flour and roll fairly thin, turning it and lifting as you go. Put your tortilla on a med hot grill or skillet. It takes just a few seconds to cook. Flip to the other side. When they are done it should have lots of nice brown speckles.

Create 12 Bean Burritos by placing re-fried beans inside tortilla and rolling up. Then layer them in a 9 x 13 pan. Pour sauce over top and add cheese if available. Bake at 350 degrees until sauce is bubbly.

1 gallon water per person

1 tube of toothpaste

Approx. cost \$25-\$30

## Week 4

Stew or Chili

2 large cans stew or chili 24 cans

Or make your own from canned goods.

2 gallons water per person

3 (16 oz) bottles shampoo and conditioner.

Approximate cost \$24

## Week 5

Pot Pie

2 pie crusts (or make your own/ use bisquick) 24

2 cans mixed veggies (or frozen) 24 cans

2 packets chicken gravy 24

(or use 2 cans cream soup)

1 can chicken.

Prepare gravy, mix in the vegetables and chicken. Put in unbaked pie crust and bake at 350 about 40 min.

Per person, 1 gallon water, 3 bars soap

Approximate cost \$45

## Week 6

Hawaiian Haystacks

2 cans cream of chicken soup 24 cans

1 can chicken 12 cans

4 cups hot cooked rice 24 cups

Cook Rice as directed. Add chicken to soup to create gravy and heat. Serve over rice. You can top this with a wide variety of canned or fresh items that you have available. Purchase 12 cans of what you like. Ex. Olives, onions, pineapple chunks, cheese, almonds, coconut, water chestnuts, mandarin oranges and etc.

Per person, 1 gallon water, 3 boxes/packages Tampons, Pads

Approximate cost \$40 +

## Week 7

Sheppard's Pie

1 pound ground beef (or TVP) 12 cans/cups

2 T. dried onions 24 T.

1 can diced tomatoes 12 cans

1 can tomato soup 12 cans

1 can tomato sauce 12 cans

1 can corn, drained 12 cans

1 can green beans, drained 12 cans

4 cups mashed potatoes (pearls or flakes) 24 dry cups

In large skillet, rehydrate or heat meat through, add onion. Add all other ingredients except potatoes. When heated through, place mashed potatoes by spoonfuls. Top with cheese, if available and serve.

Per person, 1 gallon water, 2 deodorants, 2 packages replacement blades/razors. Approximate cost \$55

### Week 8

Per Person

- 1 gallon water
- 3 months worth of Diapers if needed
- 1 large bottle of hand sanitizer
- 1 large bottle lotion
- 1 roll plastic wrap
- 1 roll tin foil

### Week 9

- 1 gallon water per person
- Purchase or create a first aid kit
- Basic first aid kit
  - Two pairs of Latex or other sterile gloves
  - Sterile Dressings to stop bleeding
  - Cleansing agent/soap and antibiotic towellets
  - Antibiotic ointment
  - Burn ointment
  - Adhesive bandages, variety of sizes
  - Tweezers and needles for splinters
  - Nonstick sterile pads
  - Thermometer
  - Ice pack
  - Tylenol and Motrin (consider infants and children)
  - N95 Masks

### Week 10

- 1 gallon water per person
- 3 month supply of prescriptions medications
- 3 month supply of baby wipes or make your own.

### Week 11

- 2 gallons of water
- 1 roll Aluminum Foil

Paper Plates/cups/utensils (helps reduce use of water)

- 2 Bottles of Dish Soap
- Laundry Detergent
- 2 rolls of Dental Floss

### Week 12

Purchase or create a 72 hour Kit  
Suggested minimum needs for a 72 hour kit:

**Water**– 1 gallon per person per day for 3 days

**Food**-Minimal or Non-cook, lightweight palatable, can opener, cooking and eating utensils.

**Clothing**- 1 change, extra shoes, raingear, adequate winter wear, bandana, hat.

**Bedding**– sleeping bag, blankets (space blanket)

**Personal Hygiene**– Include feminine hygiene and baby items.

**Sanitation**– Airtight Bucket or Porto-Potty, toilet paper, newspaper, soap/hand sanitizer, towels, disinfectant, trash bags, bleach.

**First aid Kit**- Consider personal medications

**Shelter**– Tent or tarp, rope 36'

**Tools**– Pocket knife, small tools, axe, pointed shovel

**Communication**– Radio, Batteries, 1 whistle per person

**Fuel**– For cooking, light, heat

Important Papers– Wills, Testaments, stocks, securities, titles, certificates, insurance, current family pictures, I.D. Cards and tags, inventory of household items, pencil and paper, maps, phone numbers, Emergency manual, car keys, house keys, Books (Scriptures, other documents)

**Money**– cash and change (small bills)

Remember– Keep car gas tank at least half full.

This is a plan where you can add cereal, pancake mix, soup and etc. for breakfast and lunch. Use you own imagination!