

# Yearly Emergency Pantry Stocking Schedule

ADJUST TO YOUR NEEDS

JAN	WEEK 1	WEEK 2	WEEK 3	WEEK 4	OTHER:
	HONEY/SYRUP X 2	20 LBS FLOUR	JELLY X 10	P. BUTTER X 4	TOILET PAPER X 2
FEB	WEEK 1	WEEK 2	WEEK 3	WEEK 4	OTHER
	1 BAG YEAST	10 LBS SALT	6 LB PASTA	6 QT PASTA SAUCE	FREE CHOICE
MAR	WEEK 1	WEEK 2	WEEK 3	WEEK 4	OTHER
	DRY MILK X 2	2-3 SPICES	COFFEE/TEA X 2	BOTTLED WATER	PAIN RELIEF X 2
APR	WEEK 1	WEEK 2	WEEK 3	WEEK 4	OTHER
	CAN/DRY FRUIT X 5	CANNED VEGGIES X 10	OIL/SHORTENING X 2	CAN/DRY BEANS X 10	FREE CHOICE
MAY	WEEK 1	WEEK 2	WEEK 3	WEEK 4	OTHER
	CAN FISH X 5	CAN/DRY MEAT X 5	5 LBS RICE	20 LBS SUGAR	VITAMINS X 2
JUNE	WEEK 1	WEEK 2	WEEK 3	WEEK 4	OTHER
	CRACKERS X 4	CAN TOMATOES X 10	10 LBS CORNMEAL	CAN/DRY SOUP X 8	FREE CHOICE
JULY	WEEK 1	WEEK 2	WEEK 3	WEEK 4	OTHER
	HONEY/SYRUP X 2	20 LBS FLOUR	APPLESAUCE X 5	OATMEAL X 2	COLD/ALLERGY X 2
AUG	WEEK 1	WEEK 2	WEEK 3	WEEK 4	OTHER
	INSTANT POTATOES X 2	2-3 SPICES	COFFEE/TEA X 2	P. BUTTER X 4	FREE CHOICE
SEPT	WEEK 1	WEEK 2	WEEK 3	WEEK 4	OTHER
	VINEGAR X 2	BAKING POWDER/ SODA X 2	OIL/SHORTENING X 2	FREE CHOICE	ASPIRIN X 2
OCT	WEEK 1	WEEK 2	WEEK 3	WEEK 4	OTHER
	BOUILLON/ BROTHS X 6	CAN/DRY BEANS X 10	POWDERED EGGS X 2	CAN/DRY FRUIT X 5	FREE CHOICE
NOV	WEEK 1	WEEK 2	WEEK 3	WEEK 4	OTHER
	CAN MEAT X 5	CAN FISH X 5	DRINK MIX X 4	FREE CHOICE	PAPER TOWEL X 2
DEC	WEEK 1	WEEK 2	WEEK 3	WEEK 4	OTHER
	5 LBS RICE	20 LBS SUGAR	JELLO/PUDDING X 4	CANNED VEGGIES X 10	FREE CHOICE

Be sure to get medication/vitamins for all age groups!

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JAN	WEEK 1	WEEK 2	WEEK 3	WEEK 4	OTHER
FEB	WEEK 1	WEEK 2	WEEK 3	WEEK 4	OTHER
MAR	WEEK 1	WEEK 2	WEEK 3	WEEK 4	OTHER
APR	WEEK 1	WEEK 2	WEEK 3	WEEK 4	OTHER
MAY	WEEK 1	WEEK 2	WEEK 3	WEEK 4	OTHER
JUNE	WEEK 1	WEEK 2	WEEK 3	WEEK 4	OTHER
JULY	WEEK 1	WEEK 2	WEEK 3	WEEK 4	OTHER
AUG	WEEK 1	WEEK 2	WEEK 3	WEEK 4	OTHER
SEPT	WEEK 1	WEEK 2	WEEK 3	WEEK 4	OTHER
OCT	WEEK 1	WEEK 2	WEEK 3	WEEK 4	OTHER
NOV	WEEK 1	WEEK 2	WEEK 3	WEEK 4	OTHER
DEC	WEEK 1	WEEK 2	WEEK 3	WEEK 4	OTHER

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## OTHER SUGGESTED SUPPLIES:

gatorade	pet food/medication
popcorn	
nuts/seeds	sleep medication
dry cereal	migraine meds
	fiber gummies
shelf-stable milk	immodium/pepto
evaporated milk	toothpaste/toothbrushes
powdered creamer	
dry mixes: pancake, etc	soaps
	shampoo/conditioner
laundry/dish soap	body wash/bar soap
bleach	hand sanitizer
trash bags	peroxide
plastic baggies	alcohol
wraps/foils	first aid supplies
disposable dishes	calamine
flash lights	anti-itch cream
batteries	
cleaning wipes	baby diapers/wipes
	formula
solar lights/chargers	feminine supplies
water filtration device	

# 12 Week Emergency Pantry Stocking Schedule

ADJUST TO YOUR NEEDS

WEEK 1					OTHER:
	HONEY/SYRUP X 2	20 LBS FLOUR	JELLY X 10	P. BUTTER X 4	TOILET PAPER X 2
WEEK 2					OTHER
	1 BAG YEAST	10 LBS SALT	6 LB PASTA	6 QT PASTA SAUCE	FREE CHOICE
WEEK 3					OTHER
	DRY MILK X 2	2-3 SPICES	COFFEE/TEA X 2	BOTTLED WATER	PAIN RELIEF X 2
WEEK 4					OTHER
	CAN/DRY FRUIT X 5	CANNED VEGGIES X 10	OIL/SHORTENING X 2	CAN/DRY BEANS X 10	FREE CHOICE
WEEK 5					OTHER
	CAN FISH X 5	CAN/DRY MEAT X 5	5 LBS RICE	20 LBS SUGAR	VITAMINS X 2
WEEK 6					OTHER
	CRACKERS X 4	CAN TOMATOES X 10	10 LBS CORNMEAL	CAN/DRY SOUP X 8	FREE CHOICE
WEEK 7					OTHER
	HONEY/SYRUP X 2	20 LBS FLOUR	APPLESAUCE X 5	OATMEAL X 2	COLD/ALLERGY X 2
WEEK 8					OTHER
	INSTANT POTATOES X 2	2-3 SPICES	COFFEE/TEA X 2	P. BUTTER X 4	FREE CHOICE
WEEK 9					OTHER
	VINEGAR X 2	BAKING POWDER/ SODA X 2	OIL/SHORTENING X 2	FREE CHOICE	ASPIRIN X 2
WEEK 10					OTHER
	BOUILLON/ BROTHS X 6	CAN/DRY BEANS X 10	POWDERED EGGS X 2	CAN/DRY FRUIT X 5	FREE CHOICE
WEEK 11					OTHER
	CAN MEAT X 5	CAN FISH X 5	DRINK MIX X 4	FREE CHOICE	PAPER TOWEL X 2
WEEK 12					OTHER
	5 LBS RICE	20 LBS SUGAR	JELLO/PUDDING X 4	CANNED VEGGIES X 10	FREE CHOICE

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# 12 Week Emergency Pantry Stocking Schedule

ADJUST TO YOUR NEEDS

WEEK 1					OTHER:
WEEK 2					OTHER
WEEK 3					OTHER
WEEK 4					OTHER
WEEK 5					OTHER
WEEK 6					OTHER
WEEK 7					OTHER
WEEK 8					OTHER
WEEK 9					OTHER
WEEK 10					OTHER
WEEK 11					OTHER
WEEK 12					OTHER

Be sure to get medication/vitamins for all age groups!

