

\$5.00 Dollar a week Food Storage Plan

**As a heads up, you may want to make the kitty \$7 as there were times that not even the weekly rollover was enough to make that weeks purchase.

Set aside \$5 a week to buy the specific items each week. You will have a kitty set aside that you put the \$5 in and you can't touch it for any reason but to buy the food storage item for that week. Put in the remaining change back into the kitty. Some things in the beginning are going to be cheap and then later will be more expensive. In order to pay for the expensive stuff later you need to keep the leftover money in the kitty. Weeks 38 and 44 you will have "off" to replenish the kitty.

Week 1: 2 cans tuna fish, 2 boxes salt
Week 2: 5 boxes of Macaroni and Cheese
4 cans tomato soup
Week 3: 3 cans mushroom soup,
1 2.5 lb peanut butter
Week 4: one bottle 365 count multi-vitamins
Week 5: 4 cans tomato soup, 1 10 lb powdered milk
Week 6: 1 bottle aspirin (500 tablets)
Week 7: 1 100 lb container wheat
Week 8: 1 5 lb powdered milk
Week 9: 1 5 lb honey
Week 10: 4 cans tuna, 4 boxes macaroni and cheese
Week 11: 1 10 lb sugar, 1 box salt
Week 12: 4 cans mushroom soup
Week 13: 1 bottle 365 count multi-vitamins
Week 14: 1 100 lb wheat
Week 15: 1 box macaroni and cheese
Week 16: 1 5 lb honey
Week 17: 2 cans tuna, 4 can tomato soup
Week 18: 1 10 lbs sugar
Week 19: 1 100 lbs of wheat
Week 20: 2 10lbs of sugar
Week 21: 1 10lb powdered milk
Week 22: 1 can mushroom soup, 1 10 lb sugar
Week 23: 1 can tuna, 4 cans tomato soup, 1 10 lbs sugar
Week 24: 1 10 lbs sugar
Week 25: 2 cans tuna, 2 cans mushroom soup
Week 26: 1 100 lb wheat
Week 27: 3 10 lbs sugar
Week 28: 1 10 lb sugar
Week 29: 1 10 lb powdered milk
Week 30: 2 10 lb sugar
Week 31: 1 can tuna, 3 cans mushroom soup
Week 32: 1 can tuna, 4 cans tomato soup
Week 33: 1 100 lb wheat
Week 34: 2 cans tuna, 1 box salt
Week 35: 1 10 lb powdered milk
Week 36: 2 10 lb sugar
Week 37: 4 cans tomato soup, 2 boxes salt
Week 38: Stash \$5 in the kitty
Week 39: 1 100 lb wheat

Week 40: 1 10 lb powdered milk
Week 41: 3 10 lb sugar
Week 42: 2 cans tomato soup, 1 10 lb sugar
Week 43: 2 cans tomato soup, 2 cans mushroom soup
Week 44: Stash \$5 in the kitty
Week 45: 1 10 lb powdered milk
Week 46: 4 cans tomato soup, 4 cans mushroom soup
Week 47: 1 10 lb powdered milk
Week 48: 4 cans mushroom soup, 1 10 lb powdered milk
Week 49: 7 cans of tomato soup
Week 50: 7 cans of mushroom soup
Week 51: 2 10 lbs sugar, 1 box salt

By the end of the 52 weeks, you should have:

700lbs of wheat,
240 lbs sugar,
40 lbs of powdered milk,
13 lbs of salt,
10 lbs of honey,
5 lbs of peanut butter,
45 cans of tomato soup,
32 cans mushroom soup,
15 cans tuna fish,
10 macaroni and cheese dinners,
500 aspirin, and
730 multiple vitamins

They suggest adding 6lbs of dried yeast and 6 lbs of shortening and this should be enough to sustain 2 people for a year. For every 2 people you have in your family add \$5 more and double or triple the amount of whatever you are buying that week.