

A THREE-MONTH SUPPLY FOR \$5 A WEEK

The following is a plan for purchasing a three-month supply for 1 person for \$5 a week. It provides 2400 calories per day based on USDA MyPlate recommendations.

Plan recommendations are based on regular prices of the least expensive brands available at HEB in Spring, Texas during August 2019. At that time, the average weekly cost was \$4.89. Set aside the unspent portions to use during the few weeks that recommended items will cost more than \$5 (primarily powdered milk).

This plan will take 82 weeks, or 19 months, to complete and will provide:

- 7.5 pounds oatmeal
- 6 pounds rice
- 11.5 pounds pasta
- 15 pounds flour
- 6 pounds popcorn
- 153 15-ounce cans of vegetables
- 27 29-ounce cans of fruit
- 48 15-ounce cans of fruit
- 4 pounds of Velveeta or similar cheese
- 12 12-ounce cans of evaporated milk
- 12.8 pounds powdered milk
- 58 ounces peanut butter
- 12 5-ounce cans of tuna
- 15 5-ounce cans of chicken
- 15 5-ounce cans of ham
- 39 15-ounce cans of cooked dry beans
- 3 pounds shortening
- 48 ounces vegetable oil
- 8 pounds granulated sugar
- 2 pounds brown sugar
- 1 pound powdered sugar
- 24 ounces pancake syrup
- 32 ounces jam or jelly
- 1 pound honey
- 26 ounces salt
- 12 ounces baking powder
- 16 ounces baking soda
- 24 ounces ketchup
- 14 ounces mustard
- 1 jar bouillon
- Herbs
- Spices

Reminder: For \$10 a week you can complete the plan in 9-1/2 months or have a three-month supply for at least 2 people.

Week 1	2 42-ounce boxes oatmeal
Week 2	8 15-ounce cans vegetables
Week 3	3 29-ounce cans fruit
Week 4	6 12-ounce cans evaporated milk
Week 5	8 15-ounce cans vegetables
Week 6	5 15-ounce cans fruit
Week 7	6 pounds rice
Week 8	1 8-quart box powdered milk
Week 9	8 15-ounce cans vegetables
Week 10	3 29-ounce cans fruit
Week 11	1 40-ounce jar peanut butter
Week 12	8 15-ounce cans vegetables
Week 13	5 pounds pasta
Week 14	1 3-pound can shortening
Week 15	8 15-ounce cans vegetables
Week 16	3 29-ounce cans fruit
Week 17	2 pounds Velveeta or similar cheese
Week 18	8 15-ounce cans vegetables
Week 19	5 15-ounce cans fruit
Week 20	15 pounds flour
Week 21	8 15-ounce cans vegetables
Week 22	3 29-ounce cans fruit
Week 23	1 8-quart box powdered milk
Week 24	8 15-ounce cans vegetables
Week 25	5 15-ounce cans fruit
Week 26	4 pounds popcorn
Week 27	7 15-ounce cans cooked dry beans
Week 28	3 29-ounce cans fruit
Week 29	6 12-ounce cans evaporated milk
Week 30	8 15-ounce cans vegetables
Week 31	5 15-ounce cans fruit
Week 32	2 18-ounce boxes oatmeal
Week 33	1 8-quart box powdered milk
Week 34	8 15-ounce cans vegetables
Week 35	3 29-ounce cans fruit
Week 36	8 pounds sugar
Week 37	8 15-ounce cans vegetables
Week 38	5 pounds pasta
Week 39	5 15-ounce cans fruit
Week 40	8 15-ounce cans vegetables

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Week 41	3 29-ounce cans fruit
Week 42	1 8-quart box powdered milk
Week 43	8 15-ounce cans vegetables
Week 44	2 12-ounce pasta and 2 pounds popcorn
Week 45	7 15-ounce cans cooked dry beans
Week 46	26 ounces salt, 16 ounces baking soda, 12 ounces baking powder
Week 47	1 8-quart box powdered milk
Week 48	8 15-ounce cans vegetables
Week 49	3 29-ounce cans fruit
Week 50	6 5-ounce cans tuna
Week 51	8 15-ounce cans vegetables
Week 52	5 15-ounce cans fruit
Week 53	7 15-ounce cans cooked dry beans
Week 54	8 15-ounce cans vegetables
Week 55	5 5-ounce cans chicken
Week 56	48 oz. vegetable oil, 1 pound powdered sugar, 18 ounces peanut butter
Week 57	24 ounces ketchup, 14 ounces mustard, medium jar bouillon
Week 58	1 8-quart box powdered milk
Week 59	5 15-ounce cans fruit
Week 60	5 5-ounce cans ham
Week 61	2 pounds Velveeta or similar cheese
Week 62	8 15-ounce cans vegetables
Week 63	Herbs of choice
Week 64	7 15-ounce cans cooked dry beans
Week 65	2 pounds brown sugar, 24 ounce pancake syrup, 32 ounce jam or jelly
Week 66	3 29-ounce cans fruit
Week 67	6 5-ounce cans tuna
Week 68	1 pound honey
Week 69	1 8-quart box powdered milk
Week 70	5 15-ounce cans fruit
Week 71	5 5-ounce cans chicken
Week 72	8 15-ounce cans vegetables
Week 73	5 5-ounce cans ham
Week 74	4 15-ounce cans cooked dry beans
Week 75	1 8-quart box powdered milk
Week 76	5 5-ounce cans chicken
Week 77	5 15-ounce cans fruit
Week 78	5 5-ounce cans ham
Week 79	7 15-ounce cans cooked dry beans
Week 80	Spices of choice
Week 81	8 15-ounce cans vegetables
Week 82	3 15-ounce cans fruit and 1 15-ounce can of vegetables