

## A YEAR'S SUPPLY OF BASIC FOOD FOR ABOUT \$5 A WEEK

The following is a plan for purchasing a one-year supply of basic or long-term storage foods for one person for about \$5 a week. It provides 2300 calories per day. The plan assumes you have methods for preserving the food yourself.

Plan recommendations are based on regular prices of the least expensive brands available at HEB in Spring, Texas during August 2019 and the price of bulk wheat at the Home Storage Centers of The Church of Jesus Christ of Latter-day Saints. In August 2019 the average weekly cost was \$5.46. Some weeks will be considerably over that amount because of what you are purchasing, so save what you don't spend each week to use later.

This plan will take 90 weeks or 21 months to complete. It will provide:

- 125 pounds wheat
- 45 pounds flour
- 25 pounds pasta
- 52.5 pounds oatmeal
- 50 pounds rice
- 4 pounds popcorn
- About 5 pounds salt
- 15 pounds pinto beans
- 16 pounds black beans
- 15 pounds Great Northern or white beans
- 15 pounds lentils
- 32 pounds sugar
- 4 pounds honey
- 18 pounds brown sugar
- 6 pounds powdered sugar
- 9 pounds shortening
- 4 48-ounce bottles oil
- About 50 pounds powdered milk (62 liquid gallons)

Reminder: For about \$10 a week you can complete the plan in 10-1/2 months or have a year's supply of basic foods for at least 2 people in 21 months.

Week 1	25 pounds wheat
Week 2	5 pounds pinto beans
Week 3	8 pounds sugar
Week 4	3 pounds shortening
Week 5	1 8-quart box powdered milk
Week 6	15 pounds flour
Week 7	4 pounds black beans
Week 8	1 pound honey

Week 9	2 48-ounce vegetable oil
Week 10	1 8-quart box powdered milk
Week 11	5 pounds pasta
Week 12	5 pounds white beans
Week 13	6 pounds brown sugar
Week 14	3 pounds shortening
Week 15	1 8-quart box powdered milk
Week 16	2 42-ounce boxes oatmeal
Week 17	5 pounds lentils
Week 18	6 pounds powdered sugar
Week 19	2 48-ounce bottles vegetable oil
Week 20	1 8-quart box powdered milk
Week 21	10 pounds rice
Week 22	5 pounds pinto beans
Week 23	8 pounds sugar
Week 24	3 pounds shortening
Week 25	1 8-quart box powdered milk
Week 26	4 pounds popcorn and 3 26-ounce boxes salt
Week 27	4 pounds black beans
Week 28	1 pound honey
Week 29	1 8-quart box powdered milk
Week 30	25 pounds wheat
Week 31	5 pounds white beans
Week 32	6 pounds brown sugar
Week 33	1 8-quart box powdered milk
Week 34	2 42-ounce boxes oatmeal
Week 35	5 pounds lentils
Week 36	8 pounds sugar
Week 37	1 8-quart box powdered milk
Week 38	15 pounds flour
Week 39	5 pounds pinto beans
Week 40	1 pound honey
Week 41	1 8-quart box powdered milk
Week 42	2 42-ounce boxes oatmeal
Week 43	4 pounds black beans
Week 44	6 pounds brown sugar
Week 45	1 8-quart box powdered milk
Week 46	5 pounds pasta
Week 47	5 pounds white beans
Week 48	8 pound sugar
Week 49	1 8-quart box powdered milk
Week 50	2 42-ounce boxes oatmeal

Week 51	5 pounds lentils
Week 52	1 pound honey
Week 53	1 8-quart box powdered milk
Week 54	10 pounds rice
Week 55	4 pounds black beans
Week 56	1 8-quart box powdered milk
Week 57	2 42-ounce boxes oatmeal
Week 58	1 8-quart box powdered milk
Week 59	25 pounds wheat
Week 60	1 8-quart box powdered milk
Week 61	2 42-ounce boxes oatmeal
Week 62	1 8-quart box powdered milk
Week 63	15 pounds flour
Week 64	1 8-quart box powdered milk
Week 65	2 42-ounce boxes oatmeal
Week 66	1 8-quart box powdered milk
Week 67	5 pounds pasta
Week 68	1 8-quart box powdered milk
Week 69	2 42-ounce boxes oatmeal
Week 70	1 8-quart box powdered milk
Week 71	10 pounds rice
Week 72	1 8-quart box powdered milk
Week 73	25 pounds wheat
Week 74	1 8-quart box powdered milk
Week 75	5 pounds pasta
Week 76	1 8-quart box powdered milk
Week 77	2 42-ounce boxes oatmeal
Week 78	1 8-quart box powdered milk
Week 79	10 pounds rice
Week 80	1 8-quart box powdered milk
Week 81	25 pounds wheat
Week 82	1 8-quart box powdered milk
Week 83	5 pounds pasta
Week 84	1 8-quart box powdered milk
Week 85	2 42-ounce boxes oatmeal
Week 86	1 8-quart box powdered milk
Week 87	10 pounds rice
Week 88	1 8-quart box powdered milk
Week 89	1 8-quart box powdered milk
Week 90	1 8-quart box powdered milk