

# Obtain a 3 Month Supply in 12 Weeks

By Kammie Roylance

"We encourage Church members worldwide to prepare for adversity in life by having a basic supply of food and water and some money in savings.

"We ask that you be wise as you store food and water and build your savings. Do not go to extremes; it is not prudent, for example, to go into debt to establish your food storage all at once. With careful planning, you can, over time, establish a home storage supply and a financial reserve."

"Build a small supply of food that is part of your normal, daily diet. One way to do this is to purchase a few extra items each week to build a one-week supply of food. Then you can gradually increase your supply until it is sufficient for three months. These items should be rotated regularly to avoid spoilage."

—The First Presidency, [All Is Safely Gathered In: Family Home Storage](#), Feb. 2007, 1

This 12 week list, contains menu ideas that would provide 7 different meals, rotated weekly, for 3 months.

Keep in mind, the meals can be replaced with your own favorite menu idea.

Just take each ingredient of your menu idea, and multiply it by 12, to give 3 months worth.

**Also added, are a 3 month supply of personal items & a 2 week supply of water for 1 person.**

It is recommended to have 1 gallon of water, per person, a day. (Have a way to filter and purify water)

\*hint: 1 case (24 pack) of water = 3 gallons

## 12 Week Supply to Purchase Menu

### Week 1-

#### -Spaghetti Dinner (Serves 4)

8 (oz) Spaghetti noodles-----	<b>6 pounds</b>
1 (26oz) Spaghetti sauce with meat-----	<b>12 Jars</b>

Boil noodles according to package directions. Drain water.  
Add sauce to noodles. Stir and Heat through.

-2 gallons Water

-2 Toothbrushes

### Week 2-

#### -Tuna Noodle Casserole (serves 4-6)

-spiral noodles (8oz)-----	<b>6 pounds</b>
-1 can Tuna (Drain)-----	<b>12 Cans</b>
-1 can Condensed Mushroom Soup (10oz)-----	<b>12 cans</b>
-2/3 C. Milk (can use powdered milk)-----	<b>2 qts worth</b>

Cook noodles according to package directions. Drain. Arrange noodles and Tuna fish in layers in casserole dish. Combine soup and milk. Pour over noodles. Salt and Pepper to taste. Top with cheese, if available. Bake 375 about 25 minutes.

-1 Gallon Water

-12 pack Toilet Paper (double rolls)

### Week 3-

#### -Stew or Chili (serves 4-6)

-2 Large Cans Stew or Chili-----	<b>24 Cans</b>
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(Or make your own up ahead a time, and jar it)

-2 Gallons Water

-3 (16oz) Bottles Shampoo and Conditioner

## 12 Week Supply to Purchase Menu

### Week 4-

#### -Bean Burrito Enchiladas (Serves 4)

1 (16 oz) Can Refried Beans-----	<b>12 Cans</b>
1 (12 oz) Can Red Enchilada sauce-----	<b>12 Cans</b>

#### 12 Flour Tortillas

cups unbleached flour-----	<b>36 Cups or 10#</b>
2 t. baking powder-----	<b>24 t. (buy 1 canister)</b>
t salt-----	<b>12 t. (buy 1 canister)</b>
4-6 Tb vegetable shortening or lard-----	<b>72 Tb. (buy 1 Tub)</b>

about 1 1/4 cups warm water

Mix dry ingredients in a large bowl.

Add vegetable shortening or lard. Or use a combination of half lard, half shortening. Use a fork or a pastry cutter to cut in the shortening or just do it the old fashioned way and use your hands. Next add warm water a little at a time until your dough is soft and not sticky. You do not need very hot water. Knead the dough for a few minutes. Now you will pull off pieces of dough to form about 12 small dough balls. Let them rest for at least 10 minutes, longer if you like. Now you can roll out the dough with your rolling pin. It is a good idea to dust each ball with a little flour just before you roll them out. It is good to lift the dough and turn it. Roll them out fairly thin. Lay your tortilla on a med hot grill. 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 Burros, by placing refried beans inside tortilla and rolling up. Then layer them in a 9x13 pan.

Pour sauce over the top. Then add cheese to top, if available. Bake at 350 degrees until sauce is bubbly.

-1 Gallon of Water

-1 Tube of Toothpaste

### Week 5-

#### -Pot Pie (serves 6)

-pie crusts (can make your own, be sure to include recipe ingredients)---	<b>24 Each</b>
-2 cans mixed vegetables (Veg-All)-----	<b>24 Cans</b>
-2 cps of chicken gravy-----	<b>24 dry Packets</b>
-1 can of chicken-----	<b>12 Cans</b>

Prepare the gravy according to the pkg. directions. Mix in the vegetables and chicken.

Put in unbaked pie crust and top with pie crust.

Flute the edges, vent and bake @ 350 approx. 40 min. Watch for the crust to be browned.

-1 Gallon Water

-3 Bars Soap

### Week 6-

#### -Hawaiian Haystacks (serves 4-6)

-2 Cans Cream of Chicken soup-----	<b>24 Cans</b>
-1 can chicken-----	<b>12 Cans</b>
-4 cups hot cooked rice-----	<b>24 Cups Dry</b>

Cook rice as directed. Add chicken to Soup to create gravy and heat. Serve "Chicken Gravy" over rice.

You can top this with a wide variety of canned or fresh items. Listed are only food storage items that may be available. Purchase 12 Can or Servings each, to create a 3 month Supply.

Olives, dehydrated onion, dehydrated/frozen peppers, pineapple chunks, cheddar cheese, almonds, coconut, tomatoes, water chestnuts, peas, corn, mandarin oranges, pimiento, mushrooms, thawed frozen peas.

-1 Gallon Water

-3 boxes/packages Tampons/Pads

12 Week Supply to Purchase Menu

Week 7-

**-Sheppard's Pie (serves 6)**

-1 pound ground beef (canned or TVP)-----	12 # /cans/cups
-2 T. dried Onion-----	24 T. (or canister)
-1 can diced tomatoes-----	12 Cans
-1 can Tomato soup-----	12 Cans
-1 can tomato sauce-----	12 cans
-1 can Corn(draind)-----	12 Cans
-1 can Green Beans (drained)-----	12 Cans
-4 Cups Mashed potatoes(Use Potato pearls or flakes)-----	24 Cups Dry

In large skillet, Rehydrate or heat meat through, add Onion. To that, add all other ingredients, except potatoes. When heated through, Place, by spoonfuls, Mashed potatoes. Top with cheese, if available. Serve!

**-1 Gallon Water**

**-2 Deodorant**

**-2 Packages/replacement blades Razors**

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Week 8-

**-1 Gallon Water**

**-3 Months worth Diapers**

**-1 Large bottle Hand Sanitizer**

**-1 Large Bottle Lotion**

**-1 Roll Plastic wrap**

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Week 9-

**-1 Gallon Water**

**-Purchase or Create First Aid Kit (consider how many will be using it and add more)**

Basic First Aid kit:

- Two pairs of Latex, or other sterile gloves (if you are allergic to Latex).
  - Sterile dressings to stop bleeding.
  - Cleansing agent/soap and antibiotic towelettes to disinfect.
  - Antibiotic ointment to prevent infection.
  - Burn ointment to prevent infection.
  - Adhesive bandages in a variety of sizes.
  - Tweezers and needles for splinters, etc..
  - Nonstick Sterile Pads: these are soft, super absorbent pads that provide a good environment for wound healing. (These -are recommended for bleeding and draining wounds, burns, infections.)
  - Eye wash solution to flush the eyes or as general decontaminate.
  - Thermometer
  - Ice pack
  - Tylenol and Ibuprofen (Consider babies and children)
  - N95 Masks
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Week 10-

**-2 Gallon Water**

**-1 Roll Aluminum Foil**

**-Paper Plates/Cups/Utensils (Help reduce use of water)**

**-1 Bottle Dish Soap**

**-Laundry Detergent**

**-1 roll of Dental Floss**

Week 11-

**-1 Gallon Water**

**-3 month Supply Prescription medications you take every day such as insulin, heart medicine and asthma inhalers. You should periodically rotate medicines to account for expiration dates.**

**-3 Months Supply Baby Wipes**

**Home Made Baby Wipe recipe-**

- 10 Cup Rubbermaid Container
- 2 ½ Cup. HOT water
- 2 Tbl. Antibacterial Soap
- 2 Tbl. Olive Oil
- ½ Big Roll Paper Towels (Bounty Big roll or Bounty Rinse & Reuse)

Cut Paper towels in ½ (width), Remove cardboard.

In container, pour water, oil, & soap, then Mix.

Put ½ paper towel in . Place lid on and turn upside down for 2 hours.

(Allowing water mixture to soak through)

Pull wet towel from the middle! Seal lid when not in use.

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Week 12-

**Purchase or create 72 Hour Kit**

Suggested Minimum needs for a 72 Hour Kit

**Water-** 1 Gallon (8#) per person per day for 3 days

**Food-** Minimal or Noncook, Lightweight, Palatable, Can opener, Cooking and Eating Utensils.

**Clothing** - 1 change, Extra Shoes, Raingear, Adequate winter wear, Bandanna, Hat

**Bedding** - Sleeping Bag, Blankets(Space Blanket)

**Personal Hygiene** - Include Feminine Hygiene and Baby Items

**Sanitation-** Airtight Bucket or Porta-Potty, Toilet Paper, Newspaper, Soap/Hand Sanitizer, Towel, Disinfectant, Trash Bags, Bleach.

**First Aid Kit-** Consider Personal Medications

**Shelter-** Tent or Tarp, Rope 36'

**Tools** - Pocket Knife, Small tools, Axe, Pointed Shovel

**Light** - Flashlight, Batteries, Candles, Matches

**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, How To's), other documents.

**Activities-** Card games, coloring books, crayons, paper, pencil, puzzles, etc. To keep the moral up, during an emergency.

**Money-** Cash and Change (Small Bills)

**Remember-** Keep car gas tank at least half full.