

# 52 WEEK FOOD STORAGE CHECKLIST

Week	What to buy at the store	✓
week 1	5 - cans tuna or other meat 2 - boxes salt	
week 2	5 - 1 lb. bags pasta or boxed macaroni and cheese	
week 3	5 - 15 oz. cans of vegetables	
week 4	3 - 16 oz. bags of rice	
week 5	5 - 15 oz. cans of beans	
week 6	2 - 18 oz. jars peanut butter	
week 7	2 - 42 oz. of oatmeal, quick or regular	
week 8	5 - 15 oz. cans of fruit	
week 9	3 - 5 lb. bags of flour *2 - 4 pk of Toilet Paper	
week 10	5 - 15 oz. or more cans of chili, stew, or soup, 1 jar of cinnamon	
week 11	2 - 5 lb. bags of sugar, 2 - 1 lb. bags of brown sugar	
week 12	5 - cans of tuna or other meat	
week 13	1 - 32 oz. bottle of honey, 1 - 8 oz. can of cocoa power	
week 14	5 - 15 oz cans of beans	
week 15	5 - 1 lb. bags pasta or boxed macaroni and cheese	
week 16	2 - 48 oz bottles of vegetable or olive oil	
week 17	2 - 18 oz jars of peanut butter, 1 - can of baking powder	
week 18	1 jar of yeast 2 bags of chocolate chips	
week 19	2 - 42 oz of oatmeal, quick or regular	
week 20	2 - 1 lb cans of shortening, 1 - box baking soda	
week 21	3 - 5 lb. bags of flour 1 - 4 pk of Toilet Paper	
week 22	1 - 32 oz. bottle of honey, 1 - 8 oz. can of cocoa power	
week 23	5 - 15 oz. cans of vegetables	
week 24	3 - 16 oz bags of rice, 1 can Lawry's Seasoning Salt	
week 25	2 - 1 lb bags brown sugar	
week 26	5 - 15 oz. cans of fruit	

Week	What to buy at the store	✓
week 27	1 bottle of Tylenol	
week 28	2 - 48 oz. bottles of vegetable or olive oil	
week 29	5 - 15 oz. or more cans of chili, stew, or soup, 1 jar of cinnamon	
week 30	3 - 5 lb. bags of flour *2 - 4 pk. of Toilet Paper	
week 31	2 - lb. bags of powdered sugar 1 can baking powder	
week 32	5 - cans of tuna or other meat	
week 33	2 - 5 lbs. bags of sugar 2 - 1 lb. bags of brown sugar	
week 34	2 - 18 oz. jars peanut butter	
week 35	5 - 15 oz. cans of vegetables	
week 36	1 - bottle Advil	
week 37	1 - jar yeast 2 - bags of chocolate chips	
week 38	5 - 15 oz. cans of fruit	
week 39	5 - 15 oz cans of beans	
week 40	3 - 16 oz. bags of rice 1 jar chicken bouillon	
week 41	2 - bags of powdered sugar 2 - bags of chocolate chips	
week 42	5 - 15 oz. cans of chili, stew, or soup	
week 43	1 - lb. can of vegetable shortening 1 - box of baking soda	
week 44	5 - 15 oz. or more cans of chili, stew, or soup	
week 45	5 - cans tuna or other meat	
week 46	3 - 5 lb. bags flour 1 - 4 pack of toilet paper	
week 47	3 - 16 oz bags rice 1 - jar of beef bouillon	
week 48	1 - bottle of Tums	
week 49	2 - 1 lb. bags of powdered sugar	
week 50	3 - 5 lb. bags of flour 1 - 4 pk of Toilet Paper	
week 51	5 - 15 oz. can of beans	
week 52	5 - 15 oz. cans of vegetables	

\*replaced tampons w/additional toilet paper