

Food Storage for \$5.00 a Week

Week 1: 6lbs. salt
Week 2: 5 cans cream of chicken soup
Week 3: 20 lbs. of sugar
Week 4: 8 cans tomato soup
Week 5: 50 lbs. wheat
Week 6: 6lbs. macaroni
Week 7: 20 lbs. sugar
Week 8: 8 cans tuna
Week 9: 6lbs. yeast
Week 10: 50lbs.wheat
Week 11: 8 cans tomato soup
Week 12: 20 lbs. sugar
Week 13: 10 lbs. powdered milk
Week 14: 7 boxes macaroni and cheese
Week 15: 50 lbs. wheat
Week 16: 5 cans cream of chicken soup
Week 17: 1 bottle 500 multi-vitamins
Week 18: 10 lbs. powdered milk
Week 19: 5 cans cream mushroom soup
Week 20: 50 lbs. wheat
Week 21: 8 cans tomato soup
Week 22: 20 lbs. sugar
Week 23: 8 cans tuna
Week 24: 6 lbs. shortening
Week 25: 50 lbs. wheat
Week 26: 5lbs. honey
Week 27: 10 lbs. powdered milk
Week 28: 20 lbs. sugar
Week 29: 5 lbs. peanut butter
Week 30: 50 lbs. wheat
Week 31: 7 boxes macaroni and cheese
Week 32: 10 lbs. powdered milk
Week 33: 1 bottle 500 aspirin
Week 34: 5 cans cream of chicken soup
Week 35: 50 lbs. wheat
Week 36: 7 boxes macaroni and cheese
Week 37: 6lbs. salt
Week 38: 20 lbs. sugar
Week 39: 8 cans tomato soup
Week 40: 50 lbs. wheat
Week 41: 5 cans cream chicken soup
Week 42: 20 lbs. sugar
Week 43: 1 bottle 500 multi-vitamins
Week 44: 8 cans tuna
Week 45: 50 lbs. wheat
Week 46: 6lbs. macaroni
Week 47: 20 lbs. sugar
Week 48: 5 cans cream mushroom soup
Week 49: 5 lbs. honey
Week 50: 20 lbs. sugar
Week 51: 8 tomato soup
Week 52: 5 lbs. wheat

Some weeks you will have leftover change. Save the change each week in a kitty to be used for the weeks you may exceed \$5.00 (like wheat or milk).

You will end up with:

500 pounds of wheat
180 pounds of sugar
40 pounds of powdered milk
12 pounds of salt
10 pounds of honey
5 pounds peanut butter
45 cans of tomato soup
15 cans of cream of mushroom soup
15 cans of cream of chicken soup
24 cans of tuna
21 boxes of macaroni and cheese
500 aspirin
1000 multi-vitamins
6 pounds of yeast
6 pounds of shortening
12 pounds of macaroni

This should be enough to sustain two people for one year. For every two people in your family add \$5.00 more and double or triple the amount of the item you are buying that week.