

January



Food Storage Item:
21 lbs Wheat (date for rotation)

Week 4

Add \$10 to cash to emergency cash stash.



Week 3

Add 1½ gallons of water per person to 72-hour kit.



Week 2

Check out www.ready.gov for tips on planning ahead for disasters. Talk with your family about your disaster plan.



Week 1

Obtain a suitable 72-hour kit container (backpack, duffel bag, rolling suitcase).

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February

Food Storage Item:
21 lbs. rice (date for rotation)



Week 8

Add a can opener to
72-hour kit.



Week 7

Add 2 cans tuna fish or
canned meat to 72-hr kit.



Week 6

Check out www.finance.usu.edu
for tips on financial emergency
preparedness.



Week 5

Place a flashlight next to
your bed and one in
alternate location; check
batteries.

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March

Food Storage Item:
21 lbs. pasta (date
for rotation)



Week 13

Add \$10 cash to emergency
cash stash.



Week 12

Add pocket/utility knife to
72-hour kit.



Week 11

Set your clocks forward.
Check the batteries in smoke
and carbon monoxide
detectors. Make an escape
plan.



Week 10

Check out www.identitytheft.gov
and learn more about warning signs
of ID theft and what to do if your
info is lost or stolen.



Week 9

Add blanket to 72-hour kit.

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April

Food Storage Item:
15 lbs. Beans (date for rotation)



Week 17

Add 48 ounces of non-carbonated canned juice to 72-hour kit (date for rotation).



Week 16

Add 1 container "wet naps" or wipes to 72-hour kit.



Week 15

Attend USU Extension class in your area. Check out www.extension.usu.edu for a list of available classes.



Week 14

Add 1 bar of soap, toothpaste, and toothbrush to 72-hour kit.

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May



Food Storage Item:
21 lbs. oatmeal (date for rotation)

Week 22

Add peanut butter to 72-hour kit and food storage.



Week 21

Add hard candy (jolly ranchers, lifesavers) to 72-hour kit.



Week 20

Add one box of matches to 72-hour kit



Week 19

Add \$10 cash to emergency cash stash.



Week 18

Add a 24 pack of toilet paper to your storage.

May



Food Storage Item:
21 lbs. oatmeal (date for rotation)

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Add \$10 cash to emergency cash stash.



Week 18

Add a 24 pack of toilet paper to your storage.

June

Food Storage

Item:

5 lbs. dehydrated fruits or
veggies (date for rotation)



Week 26

Add 1 box of crackers to
72-hour kit.



Week 25

Add disinfectant (betadine,
bleach, sterile wipes, and
hand sanitizer) to 72-hour kit.



Week 24

Add Ziploc bags (variety of
sizes) to 72-hour kit.



Week 23

Visit www.bereadyutah.gov for
emergency preparedness resources
for special needs, pets, and more.

June

Food Storage

Item:

5 lbs. dehydrated fruits or
veggies (date for rotation)



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72-hour kit.



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Add disinfectant (betadine,
bleach, sterile wipes, and
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July

Food Storage Item:
5 lbs. dry milk
(date for rotation)



Week 28

In anticipation of the canning season, get your pressure gauge tested at your local Extension office.



Week 27

Add 1-2 changes of clothing to 72-hour kit.



Week 26

Add \$10 to emergency cash stash.



Week 25

Add battery powered lantern

July

Food Storage Item:
5 lbs. dry milk
(date for rotation)



Week 28

In anticipation of the canning season, get your pressure gauge tested at your local Extension office.



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Add 1-2 changes of clothing to 72-hour kit.



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Week 25

Add battery powered lantern

August



Food Storage Item:
21 lbs. wheat (date for rotation)

Week 35

Add battery-powered radio to 72-hour kit; check batteries.



Week 34

Add 1 lb. dried fruit to 72-hour kit (date for rotation).



Week 33

Add basic first aid kit to 72-hour kit.



Week 32

Review your evacuation plan.



Week 31

Add \$10 cash to emergency cash stash.

August



Food Storage Item:
21 lbs. wheat (date for rotation)

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Week 31

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September

Food Storage Item:
21 lbs. rice (date for
rotation)



Week 40

Add a small game for children
or family to 72-hour kit.

Week 39

Add hand shovel to 72-hour
kit.

Week 38

Septembe
Add items related to
individual medical needs
to 72-hour kit.

Week 37

Add diapers, feminine
hygiene supplies to 72-hour kit.

Week 36

Add \$10 to emergency cash
stash. Check out
www.utahmoneymoms.com for
financial emergency preparedness

September

Food Storage Item:
21 lbs. rice (date for
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October

Food Storage Item:
5 lbs. cocoa (date
for rotation)



Week 44

Add 1 axe to 72-hour kit.



Week 43

Add 1 large roll heavy duty
aluminum foil to 72-hour kit.



Week 42

Add \$10 cash to emergency
cash stash.



Week 41

Switch out the clothes in your
72 hour kit with warmer
clothes for winter months.

October

Food Storage Item:
5 lbs. cocoa (date
for rotation)



Week 44

Add 1 axe to 72-hour kit.



Week 43

Add 1 large roll heavy duty
aluminum foil to 72-hour kit.



Week 42

Add \$10 cash to emergency
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October

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5 lbs. cocoa (date
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November



Food Storage Item:
15 lbs. beans (date for rotation)

Week 48

Make sure your financial binder is complete. Send one copy to family member/friend in a separate location, preferably another state.



Week 47

Add 1-2 boxes pre-sweetened cereal to 72-hour kit.



Week 46

Check batteries in smoke detector and carbon monoxide detector. Practice escape routes.



Week 45

Set your clocks back. Add \$10 to emergency cash stash.

November



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December



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21 lbs. pasta (date for rotation)

Week 52

Happy New Year! You've given yourself a great gift – security and some food storage. But don't stop here. Start all over again in the New Year to rotate and replenish those supplies you've used.



Week 51

Merry Christmas! Add some extra baking supplies to your food storage.



Week 50

Add paper/plastic cups, plates, and utensils to 72-hour kit.



Week 49

Add 1 lb. Graham crackers to 72- hour kit.

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