

MURRIETA STAKE CONFERENCE TO CONFERENCE PREPAREDNESS PLAN

This plan focuses on one item per month. There are four categories each month to work on.

	Long Term	Amount Needed	Short Term	72 hour kit	Misc Essentials
1	eggs	2 #10 cans/person/year	peanut butter, jam, honey	change of clothes, toiletries, soap	shampoo, hair elastics, comb, brush, bars of soap
2	wheat	11 lb/person/month	yeast, soup, bouillon	flashlight, matches	candles, outdoor solar lights (can be brought indoors if needed), lantern?
3	pasta	2 lb/ person/month	pasta sauces, mac & cheese	3 days food (emergency rations or meals and snacks)	Propane, camp stove or alternate cooking method
4	onions	#10 can will last family for 6-8 months	cinnamon, spices, oil, shortening, cocoa, vanilla	knife, mess kit	laundry soap, dish detergent
5	potato flakes, carrots	1 #10 can per person per month	vegetables, green chiles	washrag, 1 roll TP or small pack kleenex	Duct tape, hand can opener
6	milk	2 1/2 pouches per person per month = 4 lb/person/month	juice, cocoa, drink mix, kool aid	emergency blanket, hand warmers	vitamins, garden seeds
7	dehydrated apples or fruit	1/2 can per person per month	canned fruit, applesauce, raisins	notepad and pencils, small scriptures, playing cards	alcohol, hand sanitizer, medical gloves, face masks
8	flour, sugar	flour: 4 lb per person per month--- ----sugar: 5 lb per person per month	salt, baking soda, baking powder, cake and brownie mixes, chocolate chips	small cooking stove	batteries, sanitation bucket
9	pet food, baby items		mayonnaise, butter	trash bags, feminine items	trash bags, gallon bags, tin foil, plastic wrap
10	oats, water	oats: 8c. Dry = 22oz/person/month = 1/2 48-oz. cylinder of oats	pancake mix, breakfast cereal, syrup,	backpacks, water filter bottles, silcock key	Water 1 gal/person/day
11	beans	2.5 lb/person/month = 1 #10 can	tomato sauce, catsup	emergency contacts, family photo, cash	toilet paper
12	rice	1 #10 can = 5.4 lb/person/month	canned fish, chicken or meat;	first aid kits, needle & thread, list of prescriptions	lip balm, hand lotion, OTC medicines