

52 WEEK FOOD STORAGE CHECK LIST



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 vegetables	
week 4	3-16 oz bags rice	
week 5	5-15 oz cans beans	
week 6	2-18 oz jars peanut butter	
week 7	2-42 oz cartons oatmeal quick or regular, your choice	
week 8	5-15 oz cans fruit	
week 9	3-5 lb bags flour; 1-4 pack TP, 1 large box tampons	
week 10	5-15 oz or more cans chili or soup, jar of cinnamon	
week 11	2-5 lb bags sugar, 2-1 lb bags brown sugar	
week 12	5 cans tuna or other meat	
week 13	1-32 oz bottle honey, 1-8 oz can cocoa powder	
week 14	5-15 oz cans beans	
week 15	5-1 lb bags pasta or boxed macaroni and cheese	
week 16	2-48 oz bottles vegetable oil or olive oil	
week 17	2-18 oz jars peanut butter, 1 can baking powder	
week 18	1 jar yeast, 2 bags chocolate chips	
week 19	2-42 oz cartons oatmeal quick or regular, your choice	
week 20	2-1lb Cans veg shortening, 1 box baking soda	
week 21	3-5 lb bags flour, 1-4 pack toilet paper	
week 22	1-32 oz bottle honey, 1-8 oz can cocoa powder	
week 23	5-15 oz cans vegetables	
week 24	3-16 oz bags rice, 1 can Lawry's Seasoning Salt	
week 25	2-1 lb bags brown sugar	
week 26	5-15 oz cans fruit	

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