

# HOW TO CREATE A FOOD STORAGE SUPPLY FOR YOU AND YOUR SPOUSE ... FOR AS LITTLE AS \$5 PER WEEK

Aug 2nd, 2010 | By [Esther](#) / Off The Grid News / <http://offthegridnews.com/2010/08/02/how-to-create-a-food-storage-supply-for-you-and-your-spouse-for-as-little-as-5-per-week/>



People who live in America rarely consider the need for building up a food supply to offset a national crisis, such as a devastating war or a natural disaster, simply because food in the United States is so readily available and easy to obtain.

However, if something terrible did happen and supermarkets did not remain open, people who planned ahead – like you, for instance – would have the ability to survive and overcome the food shortage. This is not to suggest that Armageddon lies ahead, but it is always wise to prepare for the unexpected and the unforeseen.

And now ... you can do just that. A recent article appearing in a survivalist magazine provided the [blueprint](#) for building a *substantial and nourishing food supply over a 52-week period*. Importantly, the foods that can sustain you and your spouse can be bought once each week for about \$5 (perhaps a bit more if prices in your area have risen).

Do the math: the cost for building your emergency food supply is going to be very affordable – just \$5 per week (approximately) for 52 weeks ... a mere \$260. That's not a lot of money, especially when you consider that you can spread the cost out over a full year. And, while the foods may not seem exotic or overly enticing to you (see the list below), they will sustain you and your spouse. And they are nutritious.

## **Here is the list of purchases you need to make weekly – for One Full Year ...**

**Week 1:** 6 Pounds of Salt

**Week 2:** 5 Cans Cream of Chicken Soup

**Week 3:** 20 Pounds of Sugar

- Week 4:** 8 Cans Tomato Soup
- Week 5:** 50 Pounds of Wheat
- Week 6:** 6 Pounds of Macaroni
- Week 7:** 20 Pounds of Sugar
- Week 8:** 8 Cans of Tuna
- Week 9:** 6 Pounds of Yeast
- Week 10:** 50 Pounds of Wheat
- Week 11:** 8 Cans of Tomato Soup
- Week 12:** 20 Pounds of Sugar
- Week 13:** 10 Pounds of Powdered Milk
- Week 14:** 7 Boxes of Macaroni and Cheese
- Week 15:** 50 Pounds of Wheat
- Week 16:** 5 Cans of Cream of Chicken Soup
- Week 17:** 1 Bottle of 500 Multi-Vitamins
- Week 18:** 10 Pounds of Powdered Milk
- Week 19:** 5 Cans of Cream of Mushroom Soup
- Week 20:** 50 Pounds of Wheat
- Week 21:** 8 Cans of Tomato Soup
- Week 22:** 20 Pounds of Sugar
- Week 23:** 8 Cans of Tuna
- Week 24:** 6 Pounds of Shortening
- Week 25:** 50 Pounds of Wheat
- Week 26:** 5 Pounds of Honey

**Week 27:** 10 Pounds of Powdered Milk

**Week 28:** 20 Pounds of Sugar

**Week 29:** 5 Pounds of Peanut Butter

**Week 30:** 50 Pounds of Wheat

**Week 31:** 7 Boxes of Macaroni and Cheese

**Week 32:** 10 Pounds of Powdered Milk

**Week 33:** 1 Bottle of 500 Aspirin

**Week 34:** 5 cans of Cream of Chicken Soup

**Week 35:** 50 Pounds of Wheat

**Week 36:** 7 Boxes of Macaroni and Cheese

**Week 37:** 6 Pounds of Salt

**Week 38:** 20 Pounds of Sugar

**Week 39:** 8 Cans of Tomato Soup

**Week 40:** 50 Pounds of Wheat

**Week 41:** 5 Cans of Cream of Chicken Soup

**Week 42:** 20 Pounds of Sugar

**Week 43:** 1 Bottle of 500 Multi-Vitamins

**Week 44:** 8 Cans of Tuna

**Week 45:** 50 Pounds of Wheat

**Week 46:** 6 Pounds of Macaroni

**Week 47:** 20 Pounds of Sugar

**Week 48:** 5 Cans of Cream of Mushroom Soup

**Week 49:** 5 Pounds of Honey

**Week 50:** 20 Pounds of Sugar

**Week 51:** 8 Cans of Tomato Soup

**Week 52:** 50 Pounds of Wheat

Now, it should be noted that this list was the creation of a writer by the name of “AZ Pepper.” If you look closely at his suggestions, you’ll see – almost immediately – that they make sense. The supplies he suggests are affordable (perhaps no more than \$5 for each weekly purchase, maybe a bit more) and they can last a long time. These foods will not spoil quickly.

Here is something else you need to know, courtesy of “AZ Pepper.” There are some weeks in this process of food accumulation and storage when there will be money left over after your purchase (perhaps some loose change). Don’t spend it. Instead, put it aside for use in the weeks when your purchase exceeds \$5. This will help you stick to the budget. In fact, there will also be weeks when the items you want to buy are on sale. Take full advantage of these sales to save money and get ahead.

Clearly, if you follow this shopping strategy, you will be able to meet your one year food storage goal while staying right at – or near – your pre-planned budget. This is something you can do, if you remain motivated and focused.

Now ... for the really good news ...

### **Here is What you will have Stored ... after just 52 Weeks**

You’re about to be surprised, maybe even shocked, at what your 52-Week Food Storage Plan has enabled you to purchase and store for emergencies. You will have accumulated all of the following:

- **500 Pounds of Wheat**
- **100 Pounds of Sugar**
- **40 Pounds of Powdered Milk**
- **12 Pounds of Salt**
- **10 Pounds of Honey**
- **5 Pounds of Peanut Butter**
- **45 Cans of Tomato Soup**
- **15 Cans of Cream of Mushroom Soup**
- **24 Cans of Tuna**
- **15 Cans of Cream of Chicken Soup**
- **21 Boxes of Macaroni and Cheese**
- **500 Aspirin**
- **1000 Multi-Vitamins**
- **6 Pounds of Yeast**
- **6 Pounds of Shortening**

- **12 Pounds of Macaroni**

**Here is the BEST NEWS of all:** the nutritional value for all of this food is, believe it or not, a whopping 1,249,329 calories (give or take a few calories). And, based on a daily diet in which you and your spouse each consume 2000 calories, the food listed above can sustain the two of you for about 312 days. That's the better part of a full year.

At a cost of just \$5 per day – just \$260 for a full year – this is a bargain you can't afford to pass up. In fact, it would still be a bargain if you doubled the cost because even if you were to spend \$10 a week ... the cost to you would still be a very, very modest \$40 a month.

In 21<sup>st</sup> century America, you simply can't feed two people for such a small sum of money and remain healthy. Well, now you can. Put this amazing one year food storage plan to the test.

Start planning your first weekly purchase today.