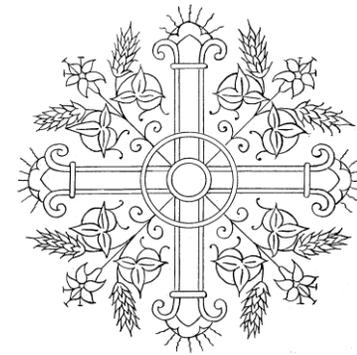


becoming self-reliant



"...Salvation is an individual matter, and we must work out our own salvation in temporal as well as in spiritual things..."

President Marion G. Romney

what is self-reliance?

"'Self-reliance means using all of our blessings from Heavenly Father to care for ourselves and our families and to find solutions for our own problems.' Each of us has a responsibility to try to avoid problems before they happen and to learn to overcome challenges when they occur."

how do we become self-reliant?

"We become self-reliant through obtaining sufficient knowledge, education, and literacy; by managing money and resources wisely, being spiritually strong, preparing for emergencies and eventualities; and by having physical health and social and emotional well-being."

Julie B. Beck, Relief Society General President

72-hour kit checklist

Create a 72-hour emergency kit for each member of your household using this handy checklist

food and water

- Protein/granola bars
- Trail mix/dried fruit
- Crackers/cereals (for munching)
- Canned tuna, beans, meat, Vienna sausages, etc. ("pop-top" cans might leak/explode & jerky can "flavor" other items)
- Canned juice
- Candy/gum (jolly ranchers can melt and mint gum might "flavor" other items)
- Water (1 gallon per person)

bedding and clothing

- Change of clothing (short & long-sleeved shirts, pants, socks, jacket, etc.)
- Undergarments
- Rain coat/poncho (lg black trash bags work well for this also)
- Blankets & emergency heat blankets
- Cloth sheet
- Plastic sheet

fuel and light

- Battery lighting (flashlight, lamp)
- Extra batteries
- Flares
- Candles
- Lighter
- Water-proof matches

miscellaneous

- Infant needs (if applicable)
- Pet needs (if applicable)
- Comfort items (stuffed animals, pictures)

equipment

- Can opener
- Dishes/utensils
- Shovel
- Radio (with batteries)
- Pen and paper
- Axe
- Pocket knife
- Rope
- Duct tape

personal/medication

- First Aid Supplies
- ### Toiletries
- Roll of toilet paper (water-proofed in a zip lock bag)
 - Feminine hygiene/deodorant
 - Soaps – hand/dish
 - Shampoo/hand sanitizer
 - Immunization card
 - OTC medication (Tylenol, Ibuprofen, TUMS)
 - Prescription medications (enough for 3 days)

(BE CAREFUL NOT TO MIX THESE ITEMS WITH FOOD ITEMS)

personal documents/\$\$

- Scriptures (mini/economy ones)
 - Genealogy records
 - Patriarchal blessing
 - Birth/marriage certificates
 - Insurance policies
 - Cash
 - Credit card
 - Pre-paid phone card
- (PLACE THESE ITEMS IN A WATER-PROOF CONTAINER!)**

tips:

- *Duffel bags or backpacks work great
- *Add small toys/games for comfort and/or entertainment during a stressful time
- * Use good quality Ziploc bags to prevent leakage and/or "flavoring" of other items
- *Update your 72-hour kit every 6 months (put a note on your calendar or do it on Conference Weekend!)

week by week food storage planner

Each week shows a food storage item suggestion and some show totals needed for a year's supply. You don't need to buy the whole supply at once. Review the list so you can watch for sales on items listed in other months. Buy the amounts you can afford and check them off your list...and you are well on your way to becoming self-reliant in 2010!

january

- week 1 After Christmas Sales: Stock up on socks, blankets, sheets, outerwear
- week 2 First Aid Supplies: Band-Aids, calamine lotion, alcohol, peroxide, etc.
- week 3 Medicine chest: Pepto, pain relievers, cold medicine, etc.
- week 4 Storage Containers: To organize food and non-food items
- week 5 Canned Meats: Tuna, chicken, turkey...aim for 10 cans this week!

february

- week 6 Mixes: Pancake, muffin, Bisquick, or homemade
- week 7 Personal Products: Soap, deodorant, TP, feminine products
- week 8 Oils: Shortening, vegetable oil, olive oil (be sure to date and rotate)
- week 9 Peanut Butter: Peanut butter powder is a good addition, cereals

march

- week 10 Dry Milk: 35# per person recommended; 40 oz. will make 5 gallons
- week 11 Pasta: Buy at least 5-10#; 100# pasta & flour recommended per person
- week 12 Rice: Buy white, brown, or both in poundage to suit your family
- week 13 Personal products: Shampoo, lotion, toothpaste, razors, floss, etc.
- week 14 Juices: Get 100% juices to suit your family; don't forget lemon

april

- week 15 Spices/Cooking items: Herbs, pepper, cinnamon, baking soda/powder, salt
- week 16 Garden Seeds: Get hearty seeds for foods your family enjoys
- week 17 Batteries: Stock up on batteries; remember your smoke alarms
- week 18 Flashlights, Candles, Matches
- week 19 Jell-O & Pudding mixes: Dream whip or Spiff-E-Whip are also nice additions

may

- week 20 Dry Soups & Crackers: Don't forget the grahams
- week 21 Flour: Buy at least 10#; and don't forget some yeast
- week 22 Canned Ready Meals: Stew, chili, ravioli, etc.; try for 10 cans
- week 23 Emergency Sewing Kit: Needles, buttons, thread, pins, scissors

june

- week 24 Detergent: Laundry, dishwasher, cleansers, bleach
- week 25 Kitchen Items: Foil, plastic wrap, paper towels, Ziplocs, trash bags
- week 26 Cheese: Buy 5 pounds, grade, and freeze in smaller bags
- week 27 First Aid Items: Gauze patches, swabs, cotton balls, medical tape
- week 28 Canned Goods: Vegetables, fruits, soups..Goal: 20 cans

july

- week 29 Canned Milk: Evaporated or sweetened condensed
- week 30 Water: Fill those jugs; 14 gal. per person will last for 2 weeks
- week 31 Jams and Jellies: Or supplies to make them yourself
- week 32 Condiments: Ketchup, mayo, mustard, relish, dressings

august

- week 33 Sugar: Goal: 25# this week; can add white, brown, or powdered
- week 34 Fruit: Frozen, dried, freeze-dried, or canned
- week 35 Tomatoes: Canned whole or crushed, sauce, juice, etc.
- week 36 Canning Items: As needed for your supply of jars, pectin, etc.

september

- week 37 Home Preparedness: ✓ Fire extinguishers, smoke alarms, etc.
- week 38 Vinegar: Buy enough for cooking and cleaning
- week 39 Sweeteners: Honey, agave, molasses, corn syrups
- week 40 Beans: Buy a variety; pinto, red, white

october

- week 41 Freezer: Stock up and replace veggies, meats, or other needs
- week 42 Baking: Cocoa, chocolate chips, nuts, coconut, raisins, etc.
- week 43 Vitamins: Multivitamins, extra vitamin C; other homeopathic helps
- week 44 Goodies: Hard candies, chocolate bars, dried fruit

november

- week 45 Apples: Applesauce, juices, fillings, dried
- week 46 Popcorn
- week 47 Sugars: Add to your sugar supply; white, brown, powdered
- week 48 Dry Items: Oatmeal, corn meal, germade, etc.

december

- week 49 Paper Products: Disposable plates, cups, bowls, flatware
- week 50 Pet or Baby Supplies: If needed, if not, add to another category
- week 51 Canned Goods: Broths, soups, beans, etc.
- week 52 Rotate Items: Donate foods you can't use fast enough before expiration

remember: This is not just for emergencies! Store what your family will eat. This is designed to help you build a good supply, and to help you save money by planning ahead..Happy Storing!

printing instructions:

1. print page 1 (front cover) on colored cardstock
2. print page 2 on back of page 1
3. print page 3 on regular paper
4. print page 4 on back of page 3

assembly:

1. fold cardstock in half, front cover out
2. fold planner page in half
3. line up folds
4. put a couple of staples on the fold (from outside in)

*if you don't have a long stapler, lay the booklet out flat on a firmly carpeted floor, put staples directly in, pull book up, and manually bend the two sides of the staple down

