

○ **One Year Food Plan**

- week 1: 2 cans tuna fish, 2 boxes salt
- Week 2: 5 boxes of Macaroni and Cheese 4 cans tomato soup
- Week 3: 3 cans mushroom soup, 1 2.5 lb peanut butter
- Week 4: one bottle 365 count multi-vitamins
- Week 5: 4 cans tomato soup, 1 10 lb powdered milk
- Week 6: 1 bottle aspirin (500 tablets)
- Week 7: 1 100 lb container wheat
- Week 8: 1 5 lb powdered milk
- Week 9: 1 5 lb honey
- Week 10: 4 cans tuna, 4 boxes macaroni and cheese
- Week 11: 1 10 lb sugar, 1 box salt
- Week 12: 4 cans mushroom soup
- Week 13: 1 bottle 365 count multi-vitamins
- Week 14: 1 100 lb wheat
- Week 15: 1 box macaroni and cheese
- Week 16: 1 5 lb honey
- Week 17: 2 cans tuna, 4 can tomato soup
- Week 18: 1 10 lbs sugar
- Week 19: 1 100 lbs of wheat
- Week 20: 2 10lbs of sugar
- Week 21: 1 10lb powdered milk
- Week 22: 1 can mushroom soup, 1 10 lb sugar
- Week 23: 1 can tuna, 4 cans tomato soup, 1 10 lbs sugar
- Week 24: 1 10 lbs sugar
- Week 25: 2 cans tuna, 2 cans mushroom soup
- Week 26: 1 100 lb wheat
- Week 27: 3 10 lbs sugar
- Week 28: 1 10 lb sugar
- Week 29: 1 10 lb powdered milk
- Week 30: 2 10 lb sugar
- Week 31: 1 can tuna, 3 cans mushroom soup

- Week 32: 1 can tuna, 4 cans tomato soup If you believe that the window of opportunity for acquiring an emergency food supply is closing, then do it all at once. Immediate One-Year Supply
- Week 33: 1 100 lb wheat
- Week 34: 2 cans tuna, 1 box salt
- Week 35: 1 10 lb powdered milk
- Week 36: 2 10 lb sugar
- Week 37: 4 cans tomato soup, 2 boxes salt
- Week 38: Stash \$10 in the kitty
- Week 39: 1 100 lb wheat
- Week 40: 1 10 lb powdered milk
- Week 41: 3 10 lb sugar
- Week 42: 2 cans tomato soup, 1 10 lb sugar
- Week 43: 2 cans tomato soup, 2 cans mushroom soup
- Week 44: Stash \$10 in the kitty
- Week 45: 1 10 lb powdered milk
- Week 46: 4 cans tomato soup, 4 cans mushroom soup
- Week 47: 1 10 lb powdered milk
- Week 48: 4 cans mushroom soup, 1 10 lb powdered milk
- Week 49: 7 cans of tomato soup
- Week 50: 7 cans of mushroom soup
- Week 51: 2 10 lbs sugar, 1 box salt

For items like flour, powdered milk and other powdered items, these can be stored in large five gallon buckets and sealed using those oxygen-removing packets, to increase the storage time. ***If You Feel Time Is Short***, you will also want to add some de-hydrated foods to your one year food supply. De-hydrated and freeze dried foods offer the huge advantage of having a much longer shelf life than ordinary grocery canned food or