

Gathering Your Three-Month Supply

1. Think about the meals that you regularly eat.
2. Decide which meals can be easily stored and rotated (i.e. a breakfast of grapefruit could not be easily stored).
3. Using those meals, make a meal plan for one week (meals can be repeated within the week if desired).
4. Determine which ingredients you need for each meal.
5. Inventory how much you already have on hand.
6. Evaluate how much you still need to purchase.
7. "Begin by purchasing a few extra items to add to your storage each week. Strive to build a one-week supply; then expand it to a one-month supply, then a three-month supply." (Safely Gathered In)

Weekly Meal Plan

Example	Example	SUN	MON	TUE	WED	THU	FRI	SAT
Pancakes Milk	Oatmeal Milk							
Tuna Sandwich Pickles Pears Milk	Mac & Cheese Peas Apples Juice							
Taco Soup Mandarin Oranges Milk	Spaghetti Green Beans Peaches Juice							

Meal Inventory

Meal & Ingredients	Amount for 1 week	On Hand	To Buy	Meal & Ingredients	Amount for 1 week	On Hand	To Buy	Meal & Ingredients	Amount for 1 week	On Hand	To Buy	Meal & Ingredients	Amount for 1 week	On Hand	To Buy
(example) Spaghetti															
Noodles	1/2 package	6	-												
Green Beans	1 can	12	-												
Tomato Sauce	1 jar	8	-												
Peaches	1 jar	25	-												
Juice	2 liter	-	1												
Multiply the quantities on this sheet by 4 for a one-month supply. Multiply by 13 for a three-month supply.															

"We can begin with a one week's food supply and gradually build it to a month, and then to three months." (President Gordon B. Hinckley)