



20 Weeks to Preparedness

Week 5

Items to purchase:

- 1 large can or bottle of juice
- 1 jar of jelly or jam
- 1 jar of peanut butter
- 1 box of dry cereal
- 1 box of crackers
- 1 canned fruit*
- 2 rolls of toilet paper

*per person

Note: Always check expiration dates. Make the item last as long as possible (at least through November 30).

Shopping lists are just a guide. Please adjust to your family's needs.