

## How to build your food storage for \$5 a week:

- **Week 1:** canned tuna/canned chicken
- **Week 2:** beans/rice (either canned or dry beans)
- **Week 3:** crackers/peanut butter
- **Week 4:** mayo/mustard/ketchup
- **Week 5:** powdered milk or powdered protein mix
- **Week 6:** sugar/salt/flour
- **Week 7:** boxed cereal/oatmeal
- **Week 8:** canned vegetables
- **Week 9:** water/lemon juice or fresh lemons (slice & freeze)
- **Week 10:** canned or dried fruit
- 
- **Week 11:** spaghetti noodles or other noodles
- **Week 12:** spaghetti sauce
- **Week 13:** instant mashed potatoes
- **Week 14:** pickles/olives/etc
- **Week 15:** canned tomatoes
- **Week 16:** jelly/peanut butter
- **Week 17:** nuts
- **Week 18:** canned pet food (if no pets, buy more tuna)
- **Week 19:** drink mixes (like hot cocoa, lemonade, tea, etc)
- **Week 20:** coffee/tea
- 
- **Week 21:** canned tuna/canned chicken
- **Week 22:** beans/rice (either canned or dry beans)
- **Week 23:** crackers/peanut butter
- **Week 24:** mayo/mustard/ketchup
- **Week 25:** powdered milk or powdered protein mix
- **Week 26:** sugar/salt/flour
- **Week 27:** boxed cereal/oatmeal
- **Week 28:** canned vegetables
- **Week 29:** water/lemon juice or fresh lemons (slice & freeze)
- **Week 30:** canned or dried fruit

- **Week 31:** spaghetti noodles or other noodles
- **Week 32:** spaghetti sauce
- **Week 33:** instant mashed potatoes
- **Week 34:** pickles/olives/etc
- **Week 35:** canned tomatoes
- **Week 36:** jelly/peanut butter
- **Week 37:** nuts
- **Week 38:** canned pet food (if no pets, buy more tuna)
- **Week 39:** drink mixes (like hot cocoa, lemonade, tea, etc)
- **Week 40:** coffee/tea
  
- **Week 41:** canned tuna/canned chicken
- **Week 42:** beans/rice (either canned or dry beans)
- **Week 43:** crackers/peanut butter
- **Week 44:** mayo/mustard/ketchup
- **Week 45:** powdered milk or powdered protein mix
- **Week 46:** sugar/salt/flour
- **Week 47:** boxed cereal/oatmeal
- **Week 48:** canned vegetables
- **Week 49:** water/lemon juice or fresh lemons (slice & freeze)
- **Week 50:** canned or dried fruit
  
- **Week 51:** repeat your favorite week's item
- **Week 52:** repeat your favorite week's item

*Substitution ideas for weeks: granola bars, protein bars, cookies, chips, dried fruits, prepackaged snacks.*