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You're right the term "Basic Year Supply" is about as dry sounding as yesterday's burnt toast but the truth is, every great food storage begins with a great foundation made from basic year supply items. Why? Because these are the foundations of every recipe you make, plus, if you had to, you could survive living off it. The chart below shows you how you can build a basic year supply for one person for only $\$ 10$ a week when you purchase items from the Family Home Storage Center (formerly the LDS Dry Pack Cannery). Plus, purchasing your basic items from the Family Home Storage Center could save you \$1,000 over other food storage retailers. Once you check this off your list, do yourself a favor and add 8 lb Salt (at least 12 iodized or sea salt) $\cdot 2 \mathrm{lb}$. Baking Soda and Baking Powder $\cdot 4 \mathrm{gal}$. Oil (vegetable, canola, olive, shortening)

2 lb . Yeast for an additional $\$ 20$. Then it's time to add in the fun stuff like more fruits and veggies, meat, cheese, eggs, etc.

| JANUARY | 1 Black Beans, 2 Macaroni, 1 White Rice, 4 Spaghetti Bites, 1 Sugar, 3 White Wheat | \$39 |
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| FEBRUARY | 1 Pinto Beans, 1 White Beas, 2 Quick Oats. 1 Spaghetti Bites, 2 Rice, 1 Sugar, 2 White Wheat | \$39 |
| MARCH | 1 White Beans, 2 Milk, 2 Quick Oats, 2 Rice, 1 Sugar, 3 Red Wheat | \$43 |
| APRIL | 1 Black Beans, 2 Macaroni, 1 Regular Oats, 2 Rice, 1 Spaghetti Bites, 1 Sugar, 2 White Wheat | \$40 |
| MAY | 1 Pinto Beans, 2 Milk, 2 Quick Oats, 2 Rice, 1 Sugar, 3 White Wheat | \$44 |
| JUNE | 1 White Beans, 2 Milk, 2 Regular Oats, 2 Rice, 1 Sugar, 3 White Wheat | \$43 |
| JULY | 1 Black Beans, 3 Macaroni, 1 Rice, 3 Spaghetti Bites, 1 Sugar. 3 Red Wheat | \$38 |
| AUGUST | 1 Pinto Beans, 3 Milk, 2 Quick Oats, 1 Rice. 5 White Wheat | \$44 |
| SEPTEMBER | 1 Pinto Beans, 3 Regular Oats, 2 Rice, 1 Sugar, 4 White Wheat | \$41 |
| OCTOBER | 2 Pinto Beans, 2 Macaroni, 3 Quick Oats, 1 Rice, 3 White Wheat | \$38 |
| NOVEMBER | 3 Milk, 2 Rice, 2 Sugar, 3 White Wheat | \$42 |
| DECEMBER | 1 Apple, 1 Carrot, 1 Onion, 1 Potato Flakes, 2 Berry Drinks | \$42 |

Price shown effective $1 / 1 / 18$ and include prices of boxes and lides, but are subject to change and do not include any applicable taxes. TOTAL: \$493

THESE PRICES ARE BASED ON GOING TO THE HOME STORAGE CENTER, IF YOU NEED TO ORDER ONLINE PLAN ON PURCHASING THE FOLLOWING CASES OF FOOD STORAGE PRODUCT FOR A BASIC YEAR SUPPLY

1 case milk, 2 cases beans (pinto, black, or white), 2 cases oats (regular or quick), 3 cases pasta (macaroni or spaghetti bites), 2 cases sugar, 3 cases rice, 6 cases wheat (white or red), 1 case apple slices, and 1 case vegetables (potato flakes, onions, or carrots).

