



HOW TO BUILD A BASIC YEAR SUPPLY FOR ABOUT \$10 A WEEK

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). Once you check this off your list, it's time to add in the fun stuff like more fruits and veggies, meat, cheese, eggs, etc.

MONTH	LDS HOME STORAGE CENTER	FOOD STORAGE COMPANY	YEAR-SUPPLY BASICS
January	\$42.50	\$133 + \$11 Shipping	1 Black Beans 2 Macaroni 1 White Rice 4 Spaghetti Bites 1 Sugar 3 Wheat
February	\$42.80	\$108 + \$11 Shipping	1 Pinto Beans 1 White Beans 2 Quick Oats 2 White Rice 1 Sugar 3 Wheat
March	\$43.05	\$115 + \$11 Shipping	1 White Beans 2 Milk Powder 2 Quick Oats 2 White Rice 1 Sugar 3 Wheat
April	\$42.05	\$110 + \$11 Shipping	1 Black Beans 2 Macaroni 1 Reg. Oats 2 White Rice 1 Spaghetti Bites 1 Sugar 2 Wheat
May	\$42.80	\$113 + \$11 Shipping	1 Pinto Beans 2 Milk Powder 2 Quick Oats 2 White Rice 1 Sugar 3 Wheat
June	\$43.05	\$115 + \$11 Shipping	1 White Beans 2 Milk Powder 2 Reg. Oats 2 White Rice 1 Sugar 3 Wheat

Cannery prices were compared to MSRP totals for leading food storage companies, prices may be different dependent on sales. Some items were swapped for similar products if the company did not carry an exact match. Prices were checked 1/1/17.

MONTH	LDS HOME STORAGE CENTER	FOOD STORAGE COMPANY	YEAR-SUPPLY BASICS
July	\$42.30	\$131 + \$11 Shipping	1 Black Beans 4 Spaghetti Bites 2 Macaroni 1 Sugar 1 White Rice 3 Wheat
August	\$42.55	\$107 + \$11 Shipping	1 Pinto Beans 1 White Rice 3 Milk Powder 5 Wheat 2 Quick Oats
September	\$43.05	\$109 + \$11 Shipping	1 Pinto Beans 1 Sugar 3 Reg. Oats 4 Wheat 2 White Rice
October	\$41.55	\$94 + \$11 Shipping	1 Pinto Beans 1 White Rice 2 Macaroni 3 Wheat 3 Quick Oats
November	\$41.55	\$120 + \$11 Shipping	1 Pinto Beans 2 Sugar 3 Milk 3 Wheat 2 White Rice
December	\$43.85	\$105 + \$11 Shipping	1 Dehydrated Apple Slices 1 Dehydrated Carrots 3 Fruit Drink 2 Potato Flakes
TOTAL:	\$511.10	\$1,360 + \$132 Shipping	SAVE UP TO \$1,000!

HERE ARE SOME EXTRAS TO ROUND OUT YOUR BASIC YEAR SUPPLY, IT WILL COST AN EXTRA \$20 TO GET, BUT IT WILL BE WELL WORTH IT!

8 lb Salt (at least 1/2 iodized or sea salt) 2 lb. Baking Soda and Baking Powder
4 gal. Oil (vegetable, canola, olive, shortening) 2 lb. Yeast



THE STUPENDOUS FOOD STORAGE SHOPPING SWAP THAT COULD SAVE YOU HUNDREDS OF DOLLARS!

There is one super simple solution to getting the best deal on a basic year supply and that is to buy it directly from an LDS Home Storage Center. Don't believe us? Just take a look at the savings on a year's supply of basic food products (based on basic recommendations) if purchased at a Home Storage Center versus an average food storage retailer. Best part? You'll have LOTS of \$\$\$ for other good stuff with the money you saved!

The products are packaged for long term storage and can be purchased by the #10 can or case. Click [here](#) to find a center near you (picking it up is the best deal as reflected above) . No center near you, Click [here](#) to go online to purchase by the case (online includes shipping costs) and have it delivered right to your home. If you choose the delivery method you will need to purchase your food in cases, but don't worry we've figured it out for you and it will only cost about \$15 a week (but only for 10 months instead of 12 months like the other) per person. Just remember, the totals below are for cases not individual cans.

January | Milk + 1 Macaroni: \$68.75, **February** | Oats + 1 Sugar: \$75.25, **March** | Wheat + 1 Rice: \$71.25, **April** | Pinto Beans + 1 Spaghetti: \$71.75, **May** | Rice + 1 Wheat: \$71.25, **June** | Sugar + 1 Oats: \$75.25, **July** | Potato Flakes + 1 Wheat: \$68.75, **August** | Apple: \$67.50, **September** | Black Beans + 1 Wheat : \$76.80, **October** 2 Wheat: \$65.00. **For a grand total of \$758.05.**