



Recipe for a Two-Week Survival Plan from the Plano, Texas Stake

“ . . . if ye are prepared, ye shall not fear.” D&C 38:30

Store 14 gallons water/person: Minimum for drinking only (1gallon/person/day). Store more for infants, elderly, medical needs, cooking, etc. For water storage and treatment guidelines see: <https://www.churchofjesuschrist.org/topics/food-storage/drinking-water-guidelines?lang=eng>.

If purchasing a water filter, look for one that will filter particles down to 0.1 micron (0.2 also works) to filter out microorganisms and toxins.

Ensure you have at least a two-week supply of food: Store shelf-stable foods that need no refrigeration and minimal preparation with a six-month minimum shelf-life. We suggest a one-week menu, repeated twice. Choose nutritious foods your family will eat. Some suggestions are:

From the Carrollton Home Storage Center: Powdered milk, oats (regular and quick), rice, potato flakes, apple slices, pancake mix, etc. See: <https://churchofjesuschrist.org/food-storage/home-storage-center-locations-map?lang=eng> Scroll down to find order forms.

From the Grocery Store or online: Canned items such as: meats (e.g. Keystone Meats), tuna fish, soups, stews, beans (e.g. pork and beans), pasta (e.g. Ravioli), fruits, vegetables, spaghetti sauce, tomato sauce, etc. Items such as: pancake syrup, cold cereals, macaroni and cheese, crackers, Hormel Compleats (also in vegan), dried blueberries, dried apricots, raisins, nuts, oil, shortening, flour, sugar, honey, salt, baking soda, baking powder, and any other items you need for meal preparation or snacking. You may also wish to store supplements to ensure that your household members get the nutrition they need. For more ideas see: https://www.preparednessplano.org/?page_id=1490 (click on the “One Week Sample Menu and Worksheet,” and “Suggested Steps to obtaining a Three-Month Food Supply”). The same principles apply to getting a two-week supply of food.

Sanitation supplies*: Water (beyond what is needed for drinking), chlorine bleach, vinegar, hydrogen peroxide (3%), isopropyl alcohol (70-91%), hand sanitizers, cleansing body wipes, toilet paper, laundry supplies, soaps, shampoos, and other personal hygiene items. Plan and get the supplies necessary for handling bodily waste in an emergency. See: https://www.preparednessplano.org/?page_id=1490 (click on “Be Clean”).

First Aid and Medications*: Prescriptions, allergy and pain medications, antibiotic ointment, antifungal cream, antiseptic cleansing wipes, anti-diarrhea pills, bandages, thermometers, etc. See: https://www.preparednessplano.org/?page_id=1490 (click on “First Aid Kit Checklist”). Periodically go through your medications to remove those that are out of date and replace them.

Evacuation List and Supplies*: Have each member of your household create a list of things they would take if they had 30 minutes to pack-up for a week away from home. Keep the list on the refrigerator or in a prominent place. Consider having a “Grab & Go” container filled with necessary supplies. To find a list of suggestions for items to take when evacuating see: https://www.preparednessplano.org/?page_id=1490 (click on “72 Hour Emergency Kit Checklist”). Assemble what you already have in a suitable container or containers and slowly add to it. Strive to keep vehicles full of fuel.

Finances: Anticipate money needs for two weeks if electronic processing is not available. Store sufficient cash in small bills to make it easier to pay for things.

Communications: Have a hard copy list of emergency contact numbers. (including relatives and friends). This may come in handy if cell phone service is down and we must rely on the services of Ham radio operators to reach people. Also, keep emergency numbers posted in a prominent place for easy access. Note that if cell phone service is down during an emergency, texting may still work.

***Be sure to keep dangerous and toxic items out of the reach of small children.**

For other ideas on preparedness visit: <https://www.preparednessplano.org> and: <https://providentliving.churchofjesuschrist.org/?lang=eng>

