

## Food Storage for \$5 a Week

Here's the list of what to buy each week:

- Week 1: 6 lbs salt.
- Week 2: 5 cans cream of chicken soup.
- Week 3: 20 lbs of sugar.
- Week 4: 8 cans tomato soup.
- Week 5: 50 lbs wheat.
- Week 6: 6 lbs macaroni.
- Week 7: 20 lbs sugar.
- Week 8: 8 cans tuna.
- Week 9: 6 lbs yeast.
- Week 10: 50 lbs wheat.
- Week 11: 8 cans tomato soup.
- Week 12: 20 lbs sugar.
- Week 13: 10 lbs powdered milk.
- Week 14: 7 boxes macaroni & cheese.
- Week 15: 50 lbs wheat.
- Week 16: 5 cans cream of chicken soup .
- Week 17: 1 bottle 500 multi-vitamins.
- Week 18: 10 lbs powdered milk.
- Week 19: 5 cans cream of mushroom soup.
- Week 20: 50 lbs wheat.
- Week 21: 8 cans tomato soup.
- Week 22: 20 lbs sugar.
- Week 23: 8 cans tuna.
- Week 24: 6 lbs shortening.
- Week 25: 50 lbs wheat.
- Week 26: 5 lbs honey.
- Week 27: 10 lbs powdered milk.
- Week 28: 20 lbs sugar.
- Week 29: 5 lbs peanut butter.
- Week 30: 50 lbs wheat.
- Week 31: 7 boxes macaroni & cheese.
- Week 32: 10 lbs powdered milk.
- Week 33: 1 bottle 500 aspirin.
- Week 34: 5 cans cream of chicken soup.
- Week 35: 50 lbs wheat.
- Week 36: 7 boxes macaroni & cheese.
- Week 37: 6 lbs salt.
- Week 38: 20 lbs sugar.
- Week 39: 8 cans tomato soup.
- Week 40: 50 lbs wheat.

- Week 41: 5 cans cream of chicken soup
- Week 42: 20 lbs sugar.
- Week 43: 1 bottle 500 multi-vitamins.
- Week 44: 8 cans tuna.
- Week 45: 50 lbs wheat.
- Week 46: 6 lbs macaroni.
- Week 47: 20 lbs sugar.
- Week 48: 5 cans cream of mushroom soup.
- Week 49: 5 lbs honey.
- Week 50: 20 lbs sugar.
- Week 51: 8 cans tomato soup.
- Week 52: 50 lbs wheat.

He also mentions that some weeks you will have leftover change. Instead of spending it, put aside the change each week to be used for the weeks you may need more than \$5 (like for wheat, milk, etc). Also be sure to lookout for sales. This way you can jump ahead and cross items off the list where there are great bargains.

I calculated that this amount of food has around 1,249,329 calories which based on a 2000 calorie a day diet will provide enough food for two people for 312 days! That's almost one whole year for two people on \$5 a week! Even if the price was double that, at \$10 a week you're only paying around \$40/month in grocery bills. Try to beat that...

I would add other items such as freeze dried too.

