

January

"Let every head of household see to it that he has on hand enough food and clothing and; where possible, fuel also for at least a year ahead..." J. Reuben Clark, 1937

Spiritual Goal: Hold Family Home Evening every Monday for the Month.

Provident Living Goal:

- * Review your retirement goals. Are you putting enough aside to be able to support yourselves and do the things you want to when you retire?
- * Change batteries in smoke alarms.

Storage Goal: 24 cans of meat or fish per person Can opener
1 gallon of bleach per person Laundry detergent

72 Hour Kit:

- * Gather a change of clothing including underwear and shoes for each family member.
- * Include warm coats and boots (or have immediately accessible).
- * \$25 cash * \$5 in cash for phone
- * Ax, shovel and bucket * Utility knife
- * Wet Stone

February

"There is a wise old saying 'Eat it up, wear it out, make it do, or do without'. Thrift is a practice of not wasting anything. Some people are able to get by because of the absence of expense. They have their shoes resoled, they patch, they mend, they sew, and they save money. They avoid installment buying, and make purchases only after saving enough to pay cash, thus avoiding interest charges. Frugality means to practice careful economy..." James E. Faust

Spiritual Goal: Schedule time each day to read Book of Mormon as a family.

Provident Living Goal: Plan and carry out a Family Home Evening on home fires. Include planning an escape rout and practicing it.

Storage Goal: 100 pounds (total) pasta and flour per person
Thread, needles, buttons, and zippers
Hand grain mill

72 Hour Kit:

- * 1 gallon water per person * Scriptures * \$25 cash
- * Personal documents: genealogical records, will, insurance, contracts, passports, birth certificates, patriarchal blessings, etc.

March

"The Lord has warned us of famines, but the righteous will have listened to the prophet and stored at least a year's supply of survival food..." Ezra Taft Benson

Spiritual Goal: Have family prayer at least once a day. Twice is better

Provident Living Goal: Learn a new skill or read a book pertaining to your career.

Storage Goal:

- * 50 cans soup, stew or chili per person
- * 5 pounds salt per person
- * 20 pounds fat, oil, or shortening per person
- * Aluminum foil, plastic wrap, storage bags, etc.
- * At least 5 gallons water per person
(recommended is 14 gallons/person for 2 weeks)

72 Hour Kit: (Note: These items will be rotated every 6 months - see Sept.)

- * 1 pound dried fruit or trail mix per person (can use fruit leather)
- * 1 package soda crackers per person (4 pkg per box)
- * 1 package graham crackers per person (4 pkg per box)
- * 2 liters tomato or orange juice per person
- * Also make a goal to always have the fuel tanks on ALL vehicles at least half full.

April

"If ye are prepared, ye shall not fear..." D&C 38:30

Spiritual Goal: Attend the temple once more session than you normally do this month.

Provident Living Goal: If you normally do not grow a garden plan to grow at least one vegetable this year. If you already have a garden either 1.) grow a vegetable you haven't tried before OR 2.) try a new method or technique this year.

Storage Goal:

2 pounds yeast per person	1 gallon vinegar per person
2 pounds baking powder per person	1 pound baking soda per person
10 cans evaporated milk per person	Spices, condiments and vanilla
20 pounds peanut butter per person	

72 Hour Kit:

- * 4 granola bars per person
- * 1 package chewing gum per person
- * 2 sticks beef jerky per person
- * Hard candies or lollipops - at least 12 per person

(Note: These items will be rotated every 6 months - See October)

May

"The revelation to produce and store food may be as essential to our temporal welfare today as boarding the ark was to the people in the days of Noah..." Ezra Taft Benson

Spiritual Goal: Share a Book of Mormon with a non-member.

Provident Living Goal: Make a goal and plan to exercise regularly.

Storage Goal:

- * 100 pounds variety of cereal grains: rice, oatmeal, cornmeal per person
- * 24 rolls toilet paper per person
- * 2 rolls paper towels per person
- * 24 packages flavored gelatin per person
- * Garden seeds
- * 1 small bottle olive oil (for consecrating)
- * At least one month prescription ahead for all Dr. prescribed medication

72 Hour Kit:

- * Battery powered radio
- * Battery powered light
- * Batteries

June

"We will see the day when we will live on what we produce..." Marian G. Romney

Spiritual Goal: Prepare at least one family name for Temple work.

Provident Living Goal: Make a goal to have 6 months wages in savings for emergencies. Write out a realistic plan to make it happen.

Storage Goal: First Aid Kit should include - scissors, knife, thermometer, measuring cup, medicine dropper, hot water bottle, triangular bandages, soap, matches, razor blades, needles, safety pins, adhesive tape, elastic bandage, gauze bandages, paper bags, bicarbonate of soda, ipecac syrup (induces vomiting), ammonia, hydrogen peroxide, calamine lotion (insect bites and sunburn), rubbing alcohol, diarrhea remedy, antibiotic ointment, first aid instruction book, prescription medication, waterproof matches.

72 Hour Kit:

Container for holding kit. Large garbage cans with wheels OR a backpack pack for each family member is recommended. Find a place in your home that is easily accessible for storing the kit. You need to be able to grab it at a moment's notice to leave your home.

Note: your first aid kit is also part of the 72 hour kit.

July

"Ye Latter-day Saints, learn to sustain yourselves, produce everything you need to eat, drink or wear..."
President Brigham Young

Spiritual Goal: Take the family names you prepared last month to the Temple.

Provident Living Goal: Make a goal to eat healthier. For example: less sweets, more fresh fruits and veggies, less meat, more fiber, etc.

Storage Goal:

- * 50 pounds sugar or honey per person
- * 10- #10 cans (35 pounds total) powdered milk per person
- * 2 toothbrushes per person
- * Toothpaste
- * Mouthwash
- * Infant needs - formula, baby food, diapers, Tylenol etc.

72 Hour Kit:

- * Paper and pencils
- * Mosquito repellent
- * \$25 cash
- * Emergency blankets (the silver foil ones).
- * Prepare blankets or sleeping bags to be accessible at a moment's notice.
- * Gather items to entertain your family and include in kit - cards, coloring books, crayons

August

"For the moment we live in a day of peace and prosperity, but it shall not ever be thus. Great trial lie ahead... and we must prepare ourselves temporally and spiritually..."
Bruce R. McConkie

Spiritual Goal: Have Family Home Evenings with your family every Monday. Make sure at least one Monday is set aside for doing something really fun for the whole family.

Provident Living Goal: Learn to preserve food in a way you haven't tried before.

Storage Goal:

- * 100 quarts fruit and/or vegetable per person
- * 24 pints jam or jelly per person
- * Feminine needs
- * School supplies
- * Pet supplies

72 Hour Kit:

- * 1 can tuna per person
- * 1 can pork & beans per person
- * 1/2 pound dried milk per person
- * 2 pkgs hot chocolate mix per person
- * 2 instant soup packets per person (rotate every year)
- * Pet supplies - be sure to include dishes, leash, and extra water
- * Disposable plates, cups, bowls, and silverware.

September

"There is no person who knows the real purpose for which this welfare program is being instituted but hardly before sufficient preparation has been made the real purpose will be revealed and when that time comes it will challenge every resource of the church to meet it..."

Harold B. Lee

Spiritual Goal: Have family scripture study together every day.

Provident Living Goal:

- * Review your will if you have one. Make any changes. If you do not have a will, make arrangements to get one. Every adult should have a will.
- * Plan and carry out a Family Home Evening on preparedness.

Storage Goal:

- * 10 - #10 cans (35 pounds total) powdered milk per person
- * 25 pounds canned or dried potatoes per person
- * 50 quarts fruit or tomato juice per person

72 Hour Kit: (Rotate from old ones from March - every 6 months)

- * 1 pound dried fruit or trail mix per person (can use fruit leather)
- * 1 package soda crackers per person (4 pkg per box)
- * 1 package graham crackers per person (4 pkg per box)
- * 2 liters tomato or orange juice per person.

October

"When people are able but unwilling to take care of themselves we are responsible to employ the dictum of the Lord that the idler shall not eat the bread of the laborer..."

Boyd K. Packer

Spiritual Goal: Attend one more session of General Conference than you normally do.

Provident Living Goal: Make a goal to read 30 minutes a day to your children or grandchildren. If you don't have children, make a goal to read just for pleasure.

Storage Goal:

- * 50 cans soup, stew, chili per person
- * 10 pounds cheese - dried or bottled per person
- * Shaving supplies
- * Dish Soap

72 Hour Kit: (Rotate from old ones from April - every 6 months)

- * 4 granola bars per person
- * 1 pkg chewing gum per person
- * Hard candies or lollipops - at least 12 per person
- * Check batteries for light and radio. Replace if needed.

November

"The time will come that gold will hold no comparison in value to a bushel of wheat..."
Brigham Young

Spiritual Goal: Have personal prayers and scripture study every day.

Provident Living Goal: Make a goal to reduce your family garbage by recycling more.

Storage Goal:

- * 100 pounds wheat per person
- * 1 - #10 can juice mix with Vitamin C per person
- * Hand/shower soap
- * Shampoo
- * Light Bulbs
- * At least one month prescription ahead for all Dr. prescribed medication

72 Hour Kit:

- * Soap
- * Toothbrushes
- * Shaving Supplies
- * Infant needs
- * Feminine needs
- * Disinfectant
- * Aluminum foil

December

"No man is truly free who is in financial bondage. 'Think what you do when you run debt,' said Benjamin Franklin, 'you give another power over your liberty.'"
Ezra Taft Benson

Spiritual Goal: Decide as a family how you can better remember and celebrate the true meaning of Christmas.

Provident Living Goal: Review your insurance coverage - life, household, vehicle. Do you have enough? Could you replace your vehicle or household goods with the coverage you have?

Storage Goal:

- * 40 pounds dried beans per person
- * Powdered Eggs
- * Matches
- * Batteries
- * Candles

72 Hour Kit:

- * Garbage bags
- * Candles
- * Matches
- * Can Opener