



## 20 Weeks to Preparedness



### Week 5

#### Items to Purchase:

- 1 large can or bottle of juice
- 1 jar of jelly or jam
- 1 jar of peanut butter
- 1 box of dry cereal
- 1 box of crackers
- 1 canned fruit\*
- 2 rolls of toilet paper

\* per person

**Note:** Always check expiration dates. Make the item last as long as possible (at least through November 30).

*Shopping lists are just a guide. Please adjust to your family's needs.*