

52 Weekly Food Storage Check List

Week	What To Buy At the Store:	Done
Week 1	5 Cans of Tuna (or other meat that your family will eat/use) 2 boxes of salt	
Week 2	5 1lb boxes/ packages of pasta	
Week 3	2 Boxes of Crackers of Choice	
Week 4	5 jars pasta sauce Parmesan Cheese	
Week 5	5 15 oz of beans (dry or canned)	
Week 6	18 oz Peanut Butter	
Week 7	64 oz of oatmeal 16 oz Powdered milk	
Week 8	5 15 oz cans of fruit (or apple sauce)	
Week 9	15 lbs of flour	
Week 10	5 15 oz cans of chili or soup of choice	
Week 11	10 lbs sugar 1 lb brown sugar	
Week 12	5 cans meat of choice (salmon, chicken, tuna)	
Week 13	32 oz honey 8 oz coco powder	
Week 14	5 15 oz beans	
Week 15	5 boxes of macaroni (or pasta of choice)	
Week 16	2 48 oz bottles of olive oil or vegetable oil	
Week 17	18 oz peanut butter 1 can baking powder	
Week 18	1 jar yeast 2 bags chocolate chips	
Week 19	64 oz of oatmeal 16 oz Powdered Milk	
Week 20	1 box baking soda 4 containers drink mix	
Week 21	15 lbs flour	
Week 22	32 oz honey 8 oz coco powder	
Week 23	3 bags frozen veggies	
Week 24	3 16 oz bags of rice 1 can Cajun Seasoning	
Week 25	1 lbs brown sugar 2 jars favorite cooking spices	

Week	What To Buy At the Store:	Done
Week 27	2 48 oz of cooking oil	
Week 28	5 15 oz cans of chilli or soup	
Week 29	2 16 oz bags of powdered sugar	
Week 30	5 cans Tuna, or other canned meat 2 Boxes of Salt	
Week 31	10 lbs sugar 2 lbs brown sugar	
Week 32	2 Bottles of Tylenol	
Week 33	5 15 oz cans of vegetables	
Week 34	1 jar yeast 1 Container of cinnamon	
Week 35	5 15 oz- cans of fruit or apple sauce	
Week 36	5 15 oz cans of beans	
Week 37	3- 16 oz bags of rice 1 jar of chicken boullion	
Week 38	16 oz of Powdered Milk 64 oz of Oatmeal	
Week 40	5 15 oz cans of chilli or soup	
Week 41	1 box baking soda 1 bottle of Vanilla	
Week 42	15 lbs flour	
Week 43	3 16 oz bags of rice 1 jar chicken boullion	
Week 44	5 1lb packages of pasta	
Week 45	18 oz Peanut Butter	
Week 46	2 boxes crackers of choice	
Week 47	32 oz honey 1 Bottle Maple Syrup	
Week 48	1 Jar Cajun Seasoning 1 box Pepper	
Week 49	5 bottles pasta sauce Parmesan Cheese	
Week 50	2 Bottles Children's Ibuprofen	
Week 51	2 Boxes 16 oz Raisins	
Week 52	2 Bottles of Tylenol	



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