

Inventory-Planning Chart

Water, Survival Equipment, and Gardening Needs		
<i>Item</i>	<i>Amount on Hand</i>	<i>Amount Needed for 3 Months for Individual</i>
<i>Water</i>		
Water		
Water containers		
Water purifier		
<i>Basic Survival Equipment Shelter and Clothing Needs</i>		
Blankets		
Coats		
Duct tape		
Hammer		
Large tent with repair kit		
Long underwear, insulated		
Pillows		
Plastic sheeting, 25 by 6 feet (4-millimeter thickness)		
Plastic tarp, 10 by 12 feet (waterproof)		
Pocket knife		
Rope, 150 feet		
Sheets		
Sleeping bags		
Warm clothing		

<i>Amount Needed for 3 Months for Family</i> (multiply individual amount by number of family members)	<i>Amount Needed for 6 Months for Family</i> (multiply 3-month amount by 2)	<i>Amount Needed for 1 Year for Family</i> (multiply 6-month amount by 2)

(continues)

Inventory-Planning Chart

Water, Survival Equipment, and Gardening Needs		
<i>Item</i>	<i>Amount on Hand</i>	<i>Amount Needed for 3 Months for Individual</i>
Warm hats and gloves		
Waterproof boots or warm shoes		
Wool socks		
<i>Lighting Needs</i>		
Butane igniter or cigarette lighter		
Candles with holders		
Flashlights with extra batteries and bulbs		
Gas or kerosene lanterns and fuel		
Liquid paraffin or 100-hour candles		
Waterproof matches and regular wooden matches		
<i>Communication Needs</i>		
Battery-powered spotlight		
Cell phone		
Flares		
Ham radio		
Portable radio and extra batteries		

<i>Amount Needed for 3 Months for Family (multiply individual amount by number of family members)</i>	<i>Amount Needed for 6 Months for Family (multiply 3-month amount by 2)</i>	<i>Amount Needed for 1 Year for Family (multiply 6-month amount by 2)</i>

(continues)

Inventory-Planning Chart

Water, Survival Equipment, and Gardening Needs		
<i>Item</i>	<i>Amount on Hand</i>	<i>Amount Needed for 3 Months for Individual</i>
Solar-powered battery charger and rechargeable batteries		
Walkie-talkies		
Gardening Needs		
Garden hose		
Hand tools		
Hoe or cultivator		
Pick		
Poles or rigid square fencing for pole beans		
Rake		
Shovel		
Stakes to mark rows		
String to mark rows		
Tiller		
Tomato cages		
Wheelbarrow		
Equipment for Cutting Wood		
Axes		
Bar chain oil		

<i>Amount Needed for 3 Months for Family (multiply individual amount by number of family members)</i>	<i>Amount Needed for 6 Months for Family (multiply 3-month amount by 2)</i>	<i>Amount Needed for 1 Year for Family (multiply 6-month amount by 2)</i>

(continues)

Inventory-Planning Chart

Water, Survival Equipment, and Gardening Needs		
<i>Item</i>	<i>Amount on Hand</i>	<i>Amount Needed for 3 Months for Individual</i>
Bow saw		
Chain saw with extra chains and spark plugs		
Engine starting fluid		
Gasoline		
Heavy leather gloves		
Measuring cup		
Oil and fuel mixing can		
Safety goggles		
Wood-splitting maul		
Cooking Equipment and Fuel		
Blender		
Bucket openers		
Buckets and lids		
Can opener		
Canning equipment		
Dehydrator		
Dish towels and rags		
Dutch ovens		
Electric grain mill		
Firewood		
Frying pans		
Hand grain mill		

Amount Needed for 3 Months for Family <i>(multiply individual amount by number of family members)</i>	Amount Needed for 6 Months for Family <i>(multiply 3-month amount by 2)</i>	Amount Needed for 1 Year for Family <i>(multiply 6-month amount by 2)</i>

(continues)

Inventory-Planning Chart

Water, Survival Equipment, and Gardening Needs		
<i>Item</i>	<i>Amount on Hand</i>	<i>Amount Needed for 3 Months for Individual</i>
Juicer		
Kitchen knives		
Ladles		
Measuring cups		
Metal grate for fire		
Mixer		
Pots and pans		
Pressure cooker		
Propane		
Propane cook stove		
Spatulas		
Sprouting Equipment		
Vacuum sealer		
Garden Seeds		
Banana squash		
Barley		
Beets		
Cabbage		
Carrots		

Inventory-Planning Chart

Water, Survival Equipment, and Gardening Needs		
<i>Item</i>	<i>Amount on Hand</i>	<i>Amount Needed for 3 Months for Individual</i>
Celery		
Cucumbers		
Garden peas		
Onions		
Potatoes		
Spinach		
Summer squash		
Sweet corn		
Tomatoes		
<i>Sprouting Seeds</i>		
Alfalfa seeds		
Broccoli seeds		
Garbanzo beans		
Lentils		
Mung beans		
Pumpkin seeds		
Radish seeds		
Red clover seeds		
Salad mix seeds		
Soybeans		
Sunflower seeds		

<i>Amount Needed for 3 Months for Family (multiply individual amount by number of family members)</i>	<i>Amount Needed for 6 Months for Family (multiply 3-month amount by 2)</i>	<i>Amount Needed for 1 Year for Family (multiply 6-month amount by 2)</i>

(continues)

Inventory-Planning Chart

Medical Supplies and Special Needs		
<i>Item</i>	<i>Amount on Hand</i>	<i>Amount Needed for 3 Months for Individual</i>
<i>Pharmacy and Medical Supplies</i>		
Acetaminophen (Tylenol)		
Adhesive bandages		
Adhesive tape		
Antibiotic ointment		
Antibiotic, powered		
Aspirin		
Asthma inhaler (if applicable)		
Boric acid		
Butterfly closures		
Cold and cough medications		
Cotton balls and swabs		
Diarrhea remedy		
Elastic bandages		
Epsom salt		
First-aid book		
Gauze pads, assorted sizes		
Hot-water bottle		
Ibuprofen		
Instant heat and cold packs		
Iodine		
Ipecac syrup		
Laxatives		
Lip balm		

<i>Amount Needed for 3 Months for Family (multiply individual amount by number of family members)</i>	<i>Amount Needed for 6 Months for Family (multiply 3-month amount by 2)</i>	<i>Amount Needed for 1 Year for Family (multiply 6-month amount by 2)</i>

(continues)

Inventory-Planning Chart

Medical Supplies and Special Needs		
<i>Item</i>	<i>Amount on Hand</i>	<i>Amount Needed for 3 Months for Individual</i>
Milk of magnesia		
Needle and thread		
Ointments		
Personal medications		
Petroleum jelly		
Plastic spoons		
Rubbing alcohol		
Safety pins		
Scissors, small		
Splints (Popsicle sticks or tongue depressors)		
Sunblock		
Sunglasses		
Thermometer		
Triangular bandages		
Tweezers		
Vitamins		
<i>Baby Food and Supplies (if applicable)</i>		
Baby bath		
Baby cereal		
Baby juices		
Baby lotion		

<i>Amount Needed for 3 Months for Family</i> <i>(multiply individual amount by number of family members)</i>	<i>Amount Needed for 6 Months for Family</i> <i>(multiply 3-month amount by 2)</i>	<i>Amount Needed for 1 Year for Family</i> <i>(multiply 6-month amount by 2)</i>

(continues)

Inventory-Planning Chart

Medical Supplies and Special Needs		
<i>Item</i>	<i>Amount on Hand</i>	<i>Amount Needed for 3 Months for Individual</i>
Baby medication		
Baby shampoo		
Blanket		
Bottles with nipples		
Canned baby food		
Diaper rash ointment		
Diapers and pins		
Disposable diapers		
Evaporated milk		
Extra clothing		
Formula		
Karo syrup		
Moist towelettes		
Toys		
<i>Pet Food and Supplies (if applicable)</i>		
Dry cat food		
Dry dog food		
Other pet food		

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(continues)

Inventory-Planning Chart

Basic Ingredients for Baking		
<i>Item</i>	<i>Amount on Hand</i>	<i>Amount Needed for 3 Months for Individual</i>
<i>Basic Baking Needs</i>		
Baking powder*		
Baking soda*		
Buttermilk powder*		
Cornmeal*		
Cornstarch*		
Cream of tartar		
Dried whole eggs*		
Oatmeal*		
Powdered milk*		
Wheat for grinding*		
White flour*		
Yeast		
<i>Sweeteners</i>		
Brown sugar*		
Corn syrup		
Honey		
Maple syrup		
Molasses		
Powdered sugar*		
White sugar*		

*Available in #10 cans (approximately 1 gallon)

Inventory-Planning Chart

Basic Ingredients for Baking		
<i>Item</i>	<i>Amount on Hand</i>	<i>Amount Needed for 3 Months for Individual</i>
<i>Fats</i>		
Butter powder*		
Margarine powder*		
Olive or vegetable oil		
Shortening		
Shortening powder*		
<i>Basic Spices and Flavorings</i>		
Baking cocoa		
Chili powder		
Cinnamon		
Garlic powder		
Garlic salt		
Minced onion		
Nutmeg		
Onion powder		
Onion salt		
Pepper		
Powdered lemon		
Salt		
Vanilla		

*Available in #10 cans (approximately 1 gallon)

Amount Needed for 3 Months for Family <i>(multiply individual amount by number of family members)</i>	Amount Needed for 6 Months for Family <i>(multiply 3-month amount by 2)</i>	Amount Needed for 1 Year for Family <i>(multiply 6-month amount by 2)</i>

(continues)

Inventory-Planning Chart

Soups, Sauces, and Spice Mixes		
<i>Item</i>	<i>Amount on Hand</i>	<i>Amount Needed for 3 Months for Individual</i>
<i>Canned Soups</i>		
Bean and bacon		
Celery		
Chicken noodle		
Clam chowder		
Consommé		
Cream of chicken		
Cream of mushroom		
Potato		
Vegetable		
Vegetable beef		
<i>Dehydrated Soups</i>		
ABC soup mix*		
Corn		
Cream soup base*		
Mushroom		
Onion		
Split pea		

* Available in #10 cans (approximately 1 gallon)

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(continues)

Inventory-Planning Chart

Soups, Sauces, and Spice Mixes		
<i>Item</i>	<i>Amount on Hand</i>	<i>Amount Needed for 3 Months for Individual</i>
Vegetable stew blend*		
Sauces and Spice Mixes		
Beef bouillon*		
Cheese blend*		
Chicken bouillon*		
Chili seasoning		
Gravy mixes		
Spaghetti seasoning		
Taco seasoning		
Tomato powder*		
Staples		
Cereals		
6-grain cereal*		
9-grain cereal*		
Cereals*		
Cream of wheat*		
Farina*		

* Available in #10 cans (approximately 1 gallon)

Amount Needed for 3 Months for Family <i>(multiply individual amount by number of family members)</i>	Amount Needed for 6 Months for Family <i>(multiply 3-month amount by 2)</i>	Amount Needed for 1 Year for Family <i>(multiply 6-month amount by 2)</i>
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Staples

(continues)

Inventory-Planning Chart

Staples		
<i>Item</i>	<i>Amount on Hand</i>	<i>Amount Needed for 3 Months for Individual</i>
Granola*		
Millet*		
Oatmeal* (see listing under "Basic Baking")		
<i>Rice</i>		
White rice*		
<i>Grains</i>		
Amaranth		
Barley*		
Corn meal*		
Kamut		
Oat groats, whole*		
Oats, instant*		
Pancake mix*		
Quinoa		
Rye*		
Spelt		

*Available in #10 cans (approximately 1 gallon)

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(continues)

Inventory-Planning Chart

Staples		
<i>Item</i>	<i>Amount on Hand</i>	<i>Amount Needed for 3 Months for Individual</i>
Triticale		
Wheat, red*		
Wheat, white*		
White flour* (see listing under "Basic Baking")		
Whole corn*		
<i>Legumes</i>		
Black turtle beans*		
Kidney beans*		
Lentils*		
Lima beans, baby*		
Lima beans, large*		
Mung beans*		
Pink beans*		
Pinto beans*		
Small red beans*		
Small white navy beans*		
Soy beans*		
Split peas*		
Whole peas*		
Yellow peas*		

*Available in #10 cans (approximately 1 gallon)

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(continues)

Inventory-Planning Chart

Staples		
<i>Item</i>	<i>Amount on Hand</i>	<i>Amount Needed for 3 Months for Individual</i>
<i>Pasta</i>		
Egg noodles*		
Fettuccini		
Lasagna		
Linguini		
Macaroni, elbow*		
Macaroni, shells*		
Spaghetti*		
Protein Foods and Dried Dairy		
<i>Commercial and Home-Canned Fish and Meats</i>		
Beef and rice		
Beef dices		
Beef steak		
Beef stew		
Beef stroganoff		
Chicken		
Chicken chop suey		
Chicken dices		
Chicken stew		

*Available in #10 cans (approximately 1 gallon)

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Protein Foods and Dried Dairy

(continues)

Inventory-Planning Chart

Protein Foods and Dried Dairy		
<i>Item</i>	<i>Amount on Hand</i>	<i>Amount Needed for 3 Months for Individual</i>
Chili macaroni with beef		
Clams		
Corned beef		
Deer		
Elk		
Ham		
Ham dices		
Jerky		
Kipper snacks		
Luncheon meats		
Pork		
Rabbit		
Roast beef		
Salmon		
Sausage patties		
Shrimp		
Spam		
Tuna		
Wild game		
<i>Textured Vegetable Protein (TVP)</i>		
Bacon bits TVP*		
Barbecue TVP*		

* Available in #10 cans (approximately 1 gallon)

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(continues)

Inventory-Planning Chart

Protein Foods and Dried Dairy		
<i>Item</i>	<i>Amount on Hand</i> Beef chunks	<i>Amount Needed for 3 Months for Individual</i> TVP*
Beef chunks TVP*		
Chicken TVP*		
Ham TVP*		
Pepperoni TVP*		
Plain TVP*		
Pork TVP*		
Sausage TVP*		
Sloppy Joe TVP*		
Taco TVP*		
<i>Peanut Butter</i>		
Dry peanut butter powder*		
Regular peanut butter		
<i>Dehydrated Eggs</i>		
Egg mix*		
Egg whites*		
Whole eggs* (see listing under "Basic Baking")		
<i>Dried Dairy</i>		
Butter powder*		
Buttermilk powder* (see listing under "Basic Baking")		

*Available in #10 cans (approximately 1 gallon)

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(continues)

Inventory-Planning Chart

Protein Foods and Dried Dairy		
<i>Item</i>	<i>Amount on Hand</i> Beef chunks	<i>Amount Needed for 3 Months for Individual</i> TVP*
Chocolate milk powder*		
Dried cheese blend*		
Instant nonfat powdered milk* (see listing under "Basic Baking")		
Regular nonfat powdered milk* (see listing under "Basic Baking")		
Sour cream powder*		

Fruits and Vegetables		
<i>Canned Fruits</i>		
Apple pie filling		
Applesauce		
Apricots		
Blueberries		
Cherries		
Cherry pie filling		
Fruit cocktail		
Mandarin oranges		
Nectar		
Peaches		
Pears		

*Available in #10 cans (approximately 1 gallon)

Amount Needed for 3 Months for Family <i>(multiply individual amount by number of family members)</i>	Amount Needed for 6 Months for Family <i>(multiply 3-month amount by 2)</i>	Amount Needed for 1 Year for Family <i>(multiply 6-month amount by 2)</i>

Fruits and Vegetables

(continues)

Inventory-Planning Chart

Fruits and Vegetables		
<i>Item</i>	<i>Amount on Hand</i>	<i>for 3 Months for Individual</i>
Pineapple		
Plums		
<i>Dehydrated Fruits</i>		
Apple pie filling		
Apple slices*		
Applesauce*		
Apricots		
Banana slices*		
Dates		
Figs		
Fruit blend*		
Peach-apple flakes*		
Prunes		
Raisins*		
Strawberry-apple flakes*		
<i>Canned Vegetables</i>		
Asparagus		
Beans, green		

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(continues)

Inventory-Planning Chart

Fruits and Vegetables		
<i>Item</i>	<i>Amount on Hand</i>	<i>Amount Needed for 3 Months for Individual</i>
Beans, kidney		
Beans, pinto		
Beets		
Carrots		
Corn, creamed		
Corn, whole		
Mushrooms		
Peas		
Peas, sweet garden		
Pork and beans		
Potatoes		
Pumpkin		
Salsa		
Squash		
Tomato juice		
Tomato sauce		
Tomatoes, stewed		
Tomatoes, whole		
Turnips		
<i>Dehydrated Vegetables</i>		
Bell peppers*		
Broccoli florets*		

*Available in #10 cans (approximately 1 gallon)

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(continues)

Inventory-Planning Chart

Fruits and Vegetables		
<i>Item</i>	<i>Amount on Hand</i>	<i>Amount Needed for 3 Months for Individual</i>
Cabbage*		
Carrot dices*		
Celery*		
Corn, sweet kernel*		
Green beans*		
Mushrooms*		
Onions, chopped*		
Peas, sweet*		
Potato dices*		
Potato flakes*		
Potato granules*		
Potato pearls*		
Tomato powder*		
Vegetable stew blend*		
Fun Foods		
<i>Dry Drink Mixes</i>		
Hot chocolate mix*		
Lemonade*		
Orange drink mix*		

* Available in #10 cans (approximately 1 gallon)

Inventory-Planning Chart

Fun Foods		
<i>Item</i>	<i>Amount on Hand</i>	<i>Amount Needed for 3 Months for Individual</i>
Tropical punch*		
<i>Canned Drinks</i>		
Apple juice		
Apricot juice		
Carrot juice		
Lemonade		
Orange juice		
Pineapple juice		
Tomato juice		
<i>Desserts</i>		
Dessert fillings*		
Gelatin, all flavors*		
Jams		
Jellies		
Popcorn*		
Preserves		

*Available in #10 cans (approximately 1 gallon)

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(continues)

Inventory-Planning Chart

Fun Foods		
<i>Item</i>	<i>Amount on Hand</i>	<i>Amount Needed for 3 Months for Individual</i>
Puddings*		
Tapioca		
<i>Boxed Mixes</i>		
Bisquick		
Cake mixes		
Frosting mixes		
Hamburger Helper		
Rice-a-Roni		
<i>Condiments</i>		
Barbecue sauce		
Catsup		
Dill pickles		

*Available in #10 cans (approximately 1 gallon)

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(continues)

Inventory-Planning Chart

Fun Foods		
<i>Item</i>	<i>Amount on Hand</i>	<i>Amount Needed for 3 Months for Individual</i>
Hot peppers		
Marinades		
Mayonnaise		
Mustard		
Olives		
Relish		
Salad dressing		
Salsa		
Sauces		
Soy sauce		
Teriyaki sauce		
Additional Spices		
Allspice, ground		
Apple pie spice		
Basil		
Bay leaves		
Celery flakes		
Cilantro flakes		
Cinnamon sticks		
Cloves, ground		
Cloves, whole		

<i>Amount Needed for 3 Months for Family</i> <i>(multiply individual amount by number of family members)</i>	<i>Amount Needed for 6 Months for Family</i> <i>(multiply 3-month amount by 2)</i>	<i>Amount Needed for 1 Year for Family</i> <i>(multiply 6-month amount by 2)</i>

(continues)

Inventory-Planning Chart

Fun Foods		
<i>Item</i>	<i>Amount on Hand</i>	<i>Amount Needed for 3 Months for Individual</i>
Cumin		
Dill seed		
Dill weed		
Ginger, ground		
Italian seasoning		
Lemon pepper		
Mustard, ground		
Oregano leaves		
Oregano, ground		
Paprika		
Parsley flakes		
Pepper, cayenne		
Pepper, white		
Peppercorns		
Pickling spice		
Poppy seeds		
Poultry seasoning		
Pumpkin pie spice		
Sage, rubbed		
Seasoning salt		
Sesame seeds		
Thyme, ground		

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(continues)

Inventory-Planning Chart

Nonfood Items		
<i>Item</i>	<i>Amount on Hand</i>	<i>Amount Needed for 3 Months for Individual</i>
<i>Paper Products</i>		
Aluminum foil		
Garbage bags		
Napkins		
Paper bags		
Paper cups		
Paper plates		
Paper towels		
Plastic utensils		
Plastic food storage bags		
Waxed paper		
<i>Cleansers</i>		
Ammonia		
Bathroom cleanser		
Bleach		
Clothesline or rack		
Dish soap		
Floor cleanser		
Laundry soap		
Sink cleanser		
Washboard and tub		

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(continues)

Inventory-Planning Chart

Nonfood Items		
<i>Item</i>	<i>Amount on Hand</i>	<i>Amount Needed for 3 Months for Individual</i>
Personal Hygiene		
Antibacterial soap		
Bath soap		
Bucket for toilet, with lid		
Combs		
Deodorant		
Facial moisturizer		
Feminine hygiene products		
Hair conditioner or cream rinse		
Hairbrush		
Hand lotion		
Makeup		
Personal care items		
Razor		
Razor blades		
Sanitary napkins		
Shampoo		
Toilet paper		
Toothbrush		
Toothpaste		
Towels		
Washcloths		

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(continues)