

Be Prepared.

\$10 A WEEK. 10 WEEKS TO STAY PREPARED.

10 for 10

Protect you and your family during pandemic flu

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Shopping Calendar

WEEK 1

- Rice (white, enriched), 20 lbs



WEEK 2

- Beans (dry), 4 lbs
- Vegetable Shortening, 5 lbs



WEEK 3

- Powdered drink mix with 100% Vitamin C, 1 jar
- Flour, 20 lbs

WEEK 4

- Sugar, 5 lbs
- Canned peas & carrots, 3 cans
- Canned spinach, 3 cans

WEEK 5

- Dry milk, 25 oz
- White corn masa, 4.4 lbs



WEEK 6

- Tomato paste, 12 six oz cans
- Processed cheese product (like Velveeta), 1 lb

WEEK 7

- Tuna, 12 cans



WEEK 8

- Pumpkin, 3 cans



WEEK 9

- Sardines in tomato sauce, 5 cans

WEEK 10

- Toilet paper, 8 rolls
- Yeast (dry), 1 jar (4 oz)

During pandemic flu, you will need to have enough food to last you for many weeks.

Preparing for pandemic flu can be easy to do if you do a little at a time. You can buy small amounts of food every week to stock your pantry. It's also affordable. You can start stocking your pantry for as little as \$10 per week for 10 weeks.

It's not easy to think about what could happen during disasters or bad outbreaks, such as pandemic flu. But being prepared can help protect you and your family.



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