

Experimental Homesteader

Renaissance Homesteader
- Learning, Living, Loving Self-Sufficiency!

- **Week 1:.** Look for nuts at the after Christmas sales. They may be 50% or more off. The dry roasted ones store best, but you can freeze nuts as long as you put them into a freezer bag. Try to buy at least two pounds per person.
- **Week 2:** Look for cleaning supplies. An average is one gallon of bleach per person. The average person does 156 loads of laundry per year, so stock up on enough laundry soap to get by for the year. Also look for other types of cleansers at this time unless you make your own. If you do, take time this week to stock up on supplies you need to make your own cleansers for the upcoming year.
- **Week 3:** This is a good time to stock up on needed supplies such as feminine products, sunscreen, over-the-counter medicines, cough drops and syrup. Dispose of the outdated medications in your medicine chest. If you make any of your own salves, creams, etc. take this week to stock up on supplies you will need over the coming year.
- **Week 4:** Is a good time to continue to stock the medicine chest with products such as Band-Aids, antibiotic ointments, Ace Bandages, steri-strips and other first aid needs.
- **Week 5:** Is the time to stock up on personal products such as soap, deodorant, toilet paper, shampoo, lotion, hand soap, etc. An average on hand soap is fifteen bars per person. Again, if you make your own, use this week to stock up on supplies you will need.
- **Week 6:** The only thing you need to stock up on this week is peanut butter. Buy ten pounds per person. Peanut butter has a long shelf life, so if you overbuy, it will keep.
- **Week 7:** Stock up on oils, remember the FDA says 60 pounds per person per year. Solid shortening is less expensive than oils. Keep your oils and shortenings rotated so the ones that expire first are used first. These products have a long shelf life and will generally last several years especially if they are kept in a cool, dark place.
- **Week 8:** This is a good time to look for 100% pure juice. Do not buy watered down versions. Get 100% pure lemon, orange, pineapple or whatever flavors you like. If you can your own juice, this may be a good week to look for canning supplies instead as fruit this time of year can be expensive. If you do find a good sale, by all means, stock up. You can juice fruit any time of the year.
- **Week 9:** Look for personal grooming supplies this week. Seek out sales on toothpaste or baking soda if you make your own. This week is a good time to buy floss, razors, shaving creams and other personal grooming items your family may use. Many personal grooming items can be made at home for a fraction of the cost plus they don't have all the chemicals in them.

- **Week 10:** If you bake from scratch, week ten should include items you need to make mixes. You can pre-make packages of cookie mix, cake mix, biscuit or bread mix, vacuum seal them and freeze them for later use. If you do not bake from scratch, pick up the mixes you use this week. Store these types of items in the freezer just as you would flour and sugar. Keeping them cold will prevent them from getting buggy.
- **Week 11:** This is a good time to stock up on herbs and spices. Look for ones you don't grow that are on sale. If you grow everything along this line that you need, buy seeds this week. Don't forget to stock up on iodized salt and peppercorns. Fresh ground pepper is best.
- **Week 12:** If you eat rice, stock up. Buy as much as twenty pounds per person. White rice stores better than brown rice, but you can keep this in the freezer or refrigerator, which will help prevent bug infestation.
- **Week 13:** Add more supplies to the first aid box this week. Look for gauze patches, swabs, cotton balls, first aid tape, etc. Old fashioned Kotex is good for wounds. Sanitary napkins with adhesives do not store as well as the non-adhesive kind. If you don't want to keep a lot of supplies around, buy gift cards or set money aside for purchasing supplies later in the year if they are needed. A two to three month supply should be fine.
- **Week 14:** Stock up on pasta or make your own. A good average is five pounds per person.
- **Week 15:** Buy dry milk this week and keep it in the refrigerator. Buy enough dry milk for baking, cooking, etc. throughout the year. Remember many recipes, such as homemade bread, call for dry milk.
- **Week 16:** If you don't have a sewing kit, now is the time to get one. If you do, take stock of your thread, pins, needles, buttons, snaps, zippers, tape measure and scissors. Consider your family's needs and if there are clothes no longer fit to wear, remove buttons, zippers, or other useful parts and use the cloth for rags or use them in crafts. Old clothes, especially jeans, make interesting rag rugs.
- **Week 17:** Ready to eat dinners are not the best in the world health wise, but they are convenient. You can put some of your own food up in small canning jars or buy things such as Ravioli, pasta, Oriental meals that are boxed, canned or frozen. Buy what your family will eat and remember these make great lunches or meals on the go.
- **Week 18:** Stock up on flour this week. Be sure to put the bags into freezer bags or if you bought too large of bags, break them down. Label the freezer bags so you know what you have later on. Freezing flour keeps it fresh and keeps the bugs out. An alternative is to buy or grow wheat. Do not grind the berries until you are ready to use them, just freeze them whole.
- **Week 19:** Stock up on dry or canned soup, or can your own. Don't forget to buy crackers or make sure you have the supplies to make your own.
- **Week 20:** Gelatin and pudding mixes are great things to have on hand for snacks. Stock up on these items this week. The powdered mixes freeze well.
- **Week 21:** Don't forget to buy extra garden seeds as well as the normal ones you would buy. Radish and lettuce are great in an emergency. Buy locally if you

haven't ordered yet. Avoid genetically modified seeds and look for heirloom, organic seeds.

- **Week 22:** This is the week to stock up on cord, twine or rope. Buy an extra flashlight that will work using different types of batteries. Don't forget to buy rechargeable batteries and an extra battery charger, if you don't already have two of them on hand.
- **Week 23:** Don't forget the cheese! Look for powdered cheese, whole blocks of cheese and small packages of pre-grated cheese that is on sale. Freeze the grated cheese to use in cooking.
- **Week 24:** Paper products such as paper towels, aluminum foil, garbage bags, freezer bags and toilet paper are pretty much necessities you will need to buy. Stock up on these items this week.
- **Week 25:** If you are making your own condiments, buy items you will need such as spices you do not grow, extra canning jars or lids. If you do not make your own, stock up on items such as mustard, ketchup, mayonnaise and similar items this week.
- **Week 26:** If you need new towels, bedding or blankets, watch for the white sales this week and stock up. Also check the clearance section of higher priced stores. Sometimes you can get a really good deal on a high quality item and if you can pair that with percentage off coupons, you save even more!
- **Week 27:** If you make jams and jellies, stock up on Sure-Jell, Certo, parafin, canning jars, lids and other necessities. You may want to buy varieties of jams and jellies that you will not be making.
- **Week 28:** Fill glass containers that seal with water this week. A better way is to add canning jars full of water to the canner every time you can, if there is an empty space.
- **Week 29:** If you use canned milk, buy it this week. Be sure to pay attention to the date on the cans.
- **Week 30:** Stock up on canned goods this week. Look for items you will not be canning or ones you think you will run out of. Look for canned meat as well.
- **Week 31:** Stock up on school and office supplies such as paper, pencils, journals, envelopes, ink or postage stamps. Remember these items can be used as stocking stuffers at the end of the year if they are not used up, or kept for the following year.
- **Week 32:** Stock up on staples this week such as baking powder, corn starch, baking soda, etc. If you make your own, use this week to stock up on supplies you may need.
- **Week 33:** If you need tomato items, get them this week. Buy juice, sauce, whole tomatoes, paste, salsa or make your own products and can them. Be sure you have citric acid or lemon juice for canning tomatoes.
- **Week 34:** Buy or can fruit this week. Stock up on canning supplies if you are canning. Look for sales on fresh or frozen fruit and stock up.
- **Week 35:** Stock up on sugar this week. Bag it or put it in freezer bags and label. You can save a lot of money by buying sugar in bulk and packaging it yourself. Keep it in the freezer to discourage bugs.

- **Week 36:** Can or freeze vegetables from the garden or vegetables that have been purchased fresh, or buy canned vegetables.
- **Week 37:** Stock up on dry beans, peas or legumes.
- **Week 38:** Stock up on sweeteners this week such as honey, Karo, molasses, maple syrup, etc.
- **Week 39:** Stock up on canned meats such as tuna, Spam, dried beef, chicken, etc. or can your own.
- **Week 40:** Buy plenty of iodized sea salt and pickling salt this week. Salt is used as both a preservative and a seasoning. In a pinch it can be used as a toothpaste or as a de-icer. Be sure to keep plenty on hand.
- **Week 41:** Stock up on both white and apple cider vinegar. There are many uses for vinegar from using it on bug bites such as bee stings, to rinsing your hair, especially if you have been exposed to lice, to cleaning and whitening clothes.
- **Week 42:** Buy canned soup when it is on sale or make a big pot and can some for lunches, suppers, emergency meals.
- **Week 43:** An apple a day is said to keep the Dr. away, so stock up on them and then do something with them! Make pie, applesauce, apple juice or can them for later use. Apples are easy to dehydrate as well and make a quick snack.
- **Week 44:** On sale after Halloween, hard candy can be frozen. Leftovers will make a good addition to your 72 hour emergency kits and hard candy makes great stocking stuffers!
- **Week 45:** If you use vitamins, stock up now. You need 365 vitamins per person. Get extra C vitamins and calcium with Vitamin D.
- **Week 46:** Stock up on baking treats such as cocoa, baking chocolate and chocolate chips. Freeze coconut to keep it fresh! Keep these items frozen or refrigerated to extend their shelf life.
- **Week 47:** If you aren't growing enough grains, stock up this week. Look for rolled oats, corn meal, spelt, whole grain cereals, etc. Keep these items frozen or refrigerated to extend their shelf life.
- **Week 48:** Stock up on more sugar, white, brown, powdered and remember to freeze it.
- **Week 49:** Stock up on vegetable and olive oils this week. Store them in a cool, dark place.
- **Week 50:** Buy candles and matches, look for sales on candles. Put them in a sturdy, fireproof box and in a cool place you can locate in dark.
- **Week 51:** Buy large quantities of popcorn and store it in the freezer or refrigerator.
- **Week 52:** Watch for holiday sales and stock up on any items you still need or want!