



# *Week 1 Shopping List*

Each week, we'll recommend our favorite brands and products. You aren't obligated to buy these particular items, but if you're looking for something tested and true, consider adding these to your stockpile or library.

- [50 cc oxygen absorbers](#)
- [1 gallon Mylar food storage bags](#)
- [Disposable foam plates](#) or [paper plates](#) (foam plates stand up to the weight of food better while paper plates can be disposed of more easily by burning them.)
- [Disposable cutlery](#)
- [Disinfecting cleaning wipes](#)
- [The Tightwad Gazette](#)
- [Survival Mom: How to Prepare Your Family for Everyday Disasters and Worst-Case Scenarios](#)