



30 Day Preparedness Checklist for Self-Quarantine

Be Prepared
Not Scared





30 Day Preparedness Checklist for Self-Quarantine

I created this preparedness list because my readers were overwhelmed and confused. I hope it gives you peace of mind. If you can't afford to get the whole list right away pick the 3 to 5 items that you deem the most essential if you were told you had to shelter in place for the next 14 days. Then add to this list as you can make place in your budget.

The situation is evolving rapidly. On March 8, 2020 the North of Italy was placed under quarantine. Just 24 hours later the quarantine extended to the entire country. The airports were closed. Public transportation was suspended. People were ordered to stay home under penalty of jail. New York state designated part of Newark as a quarantine zone March 10th. In many places schools and universities are closing because of the situation.

It's my hope that this list will help you prepare for any eventuality.

Let's get started

Unlike many preparedness situations, with self-quarantine there is no disruption of power, water, or sewer. You don't need to worry about stockpiling water, or trying to grab pre-diluted canned soups. Your freezers won't be thawing and frozen food will remain stable if you don't have another emergency like a tornado or earthquake that disrupts the power supply.

You don't need to stock up on dried food or freeze dried food. Your freezer and normal refrigerator supplies are part of your "quarantine" supply. You likely have enough perishable foods in your fridge for a week already. If you are quarantined plan to use your fresh food first, before you tap into your canned and frozen supplies. This way you are making the best use of what you have and you aren't wasting food.

This is not a complete list. You will need to go over this list, remove the items you don't use, add items that you do use. Use the amounts listed as guidelines for your own personalized list that is specific to your own family, their needs, likes, and dislikes.

This is the jumping off point for your own preparedness plan. If you've never made a preparedness plan before, this list will take away the overwhelm and show you where to begin. If you are a preparedness pro, this list will help you fill in the areas you might be missing, especially as it comes to essential natural remedies to have on hand during an epidemic or pandemic.

Cross off the List What You Don't Use

The following checklist assumes that you are shopping from scratch. Go through this check list and cross off any items that you:

- Don't use
- Won't eat
- Already have



You might need to increase the amounts of other items on the list to compensate for the items you don't use or won't eat, so that you can insure that you have enough nutrients per person to thrive in a 30 day quarantine.

Don't buy food your family will not eat. It is a waste of storage space. If you can't stand canned vegetables, for instance, increase the amounts of frozen vegetables on your list and cross off canned vegetables completely.

If you prefer rice and don't eat bread or never bake, skip the flour, but add more rice or quinoa to compensate.

Take into account any food allergies or dietary restrictions members of your household experience. In my house, for instance, my husband has a severe wheat allergy. We'll use gluten-free flour in the place of wheat flour, and skip the oatmeal, which is hard to find gluten free at my local store. We'll add more varieties of rice to fill in the gaps.

If you already have some of the items on this list you are ahead of the game.

Shopping for 2 or 4 or 6?

This list assumes you are shopping for a two-adult household. Assume you'll need to double these amounts for a 4 person household, if the people in your household are over 12 years old. If you have 2 younger children or toddlers you won't need to double it but use this list as a guideline for the amounts you'll need to shop for. If you have teenage boys in your household you might need more grains and starches to fill up their hunger.

More than enough

While some areas are suggesting a 14 days self-quarantine for those who may have been exposed to the virus. A few governments in areas with severe outbreaks have already instituted 30 days or longer quarantines. Planning for 30 days of quarantine seems prudent, since some things can be in short supply when quarantines are imposed.

This shopping list will give you more than enough food and sundries to last two people for a full month. However, as you near the end of the 30 days, your meals may be lacking in variety. If you are worried that your quarantine might last longer than 30 days, feel free to add more dried food to this list. An extra bag of rice and dried beans won't kill your budget and might make you feel more at peace with the situation. Beans and rice can always be used to stretch a meal, even after a quarantine is lifted allowing you to share your food with neighbors or extended family.

How to use this list

I've tried to give you the rationale for planning so that you understand how I came up with the amount of food to buy. Use this rationale to make adjustments to the list, as needed. For instance, if you decide that you aren't going to use the oatmeal (and your family eats carbohydrates) you'll need to add 40



servings of carbs to another grain or starch, and increase that replacement grain to make up for the oatmeal you aren't using. You could do that by buying an additional 10 pounds of rice or 20 pounds total rice to make up for the oatmeal you aren't using, for example.

Grains and starch

If your family eats starch at every meal you'll want to allow for 3 servings of starch per person per day or a total of 90 servings per person for the 30 days. This might be made up of oatmeal for breakfast, a sandwich for lunch, and pasta for dinner.

Allow ½ cup dried grains, or 1 cup cooked per person per serving or 1 pound of dried grains per day. For instance 10 pounds of rice is about 20 cups of dried rice or 40 one cup servings of cooked rice. That would be enough rice for 2 people for 20 meals or 10 meals for 4 people over a month.

The following list is enough for 2 people for one month. If your family is larger multiply this list to suit your family. For instance if you have a family of 4, double the amounts in this list. Feel free to substitute other grains, use gluten-free flour instead of wheat flour or add more rice, depending on your family's preferences.

Grains and starches

- 10 pounds oatmeal (40 one cup servings)
- 6 pounds flour (Enough for 8 loaves of bread with 8 x 2 slice servings per loaf = 64 two slice servings)
- 10 pounds rice (40 x 1 cup servings)
- 3 pounds quinoa (24 one cup servings)
- 4 one pound boxes Pasta (16 servings)
- 10 pounds potatoes (20 servings)
- 5 pounds sweet potatoes (10 servings)
- _____
- _____
- _____
- _____



Miscellaneous food:

Your family might use more or less sugar, honey, and maple syrup than is on this list. No sugar substitutes have been included. I have included extra honey for making elderberry syrup and fire cider for cold and flu support. You can find the recipes for Fire cider and elderberry syrup inside [the free Facebook group](#), under the Units Tab. If you don't drink coffee, omit it from your shopping list.

- 5 pounds organic sugar (for kombucha, coffee etc. If you plan to bake get 10 pounds.)
- 4 pounds honey, raw (use for cough syrup, fire cider, elderberry syrup)
- 1 quart pure maple syrup
- 8 ounces yeast
- 1 jar baking powder
- 5 pounds coffee (24 cups per pound)
- 1 pound loose tea or 120 tea bags (herbal tea, green tea, or black tea)
- 1 pound dark chocolate
- 2 x 8 ounce jars jelly/jam
- 2 quarts apple cider vinegar (Or fire cider)
- 2 pounds Himalayan pink salt
- _____
- _____
- _____
- _____

Spices:

These spices are over and above the spices you normally use in your cooking and baking. These are high in antioxidants, and can help soothe cold and flu symptoms, while stimulating digestion, and increasing circulation.

- Oregano
- Thyme
- Hot peppers/ cayenne
- Turmeric
- Ginger
- Cinnamon
- Cumin
- Spice blends
- _____
- _____
- _____
- _____



Dairy

If your family does not use dairy products, feel free to make dairy-free substitutions. If you have young children in the house you may want to add shelf-stable milk to your list or increase the amount of cheese and yoghurt on your list.

- 5 pounds hard cheese (2 ounces per serving – 8 servings per pound)
- 12 cans coconut milk or other shelf stable milk alternative
- 8 pounds organic yoghurt, plain (Use this in place of sour cream, as yoghurt, as a veggie dip)
- 8 dozen organic eggs (will keep in the fridge 4 weeks)
- 3 packages cream cheese
- _____
- _____
- _____
- _____

Fats and oils

Fats and oils are used in cooking and to make food more palatable. Olive oil and coconut oil have the added value of calming down some of the symptoms of a viral infection. Extra virgin olive oil has some antiviral qualities, as well. Allow 2 to 4 tablespoon per person per day.

- 1 quart quality extra virgin olive oil
- 2 pounds coconut oil
- 4 pounds butter, organic if possible
- 12 cans coconut milk/cream (see above)
- _____
- _____
- _____
- _____



Vegetables and Fruit

During a stressful, quarantine situation, you will want to increase the amount of antioxidants in your diet to ensure that you and your family members have the strongest immune system possible. Your body takes antioxidants from herbs and spices, and from the fruits and vegetables that you eat. This list allows for 5 to 8 servings of fruits and vegetables per day. If you have a family member that must reduce the amount of sugar they eat, you may want to increase the amount of vegetables on this list, or focus on frozen berries and citrus as your fruit servings, which are have a lower glycemic value.

- 15 pounds frozen vegetables (1 pound of frozen vegetables is 4 servings)
- 24 cans vegetables (2 servings per can)
- 24 cans tomatoes (4 servings per can)
- 5 pounds fresh vegetables (cabbage, celery, turnips)
- 4 squash (6 servings per squash)
- 10 pounds carrots (4 servings per pound)
- 8 pounds fruit, frozen (6 servings per pound)
- 10 cans fruit (2 servings per can)
- 5 pounds fruit, dried (16 servings per pound)
- 6 pounds fruit, fresh (3 servings per pound)
- 10 pounds onions
- 2 pounds garlic (16 bulbs)
- 1 pound ginger, fresh
- 2 pounds lemons (6 lemons)
- _____
- _____
- _____
- _____

Protein:

Protein is essential for tissue repair and for overall stamina. Protein also slows down the digestion of grains and sugars, decreasing blood sugar spikes. But we only need a small amount of protein per day. Use ¼ pound of boneless meat or fish, or 1 pound of bone-in poultry as one protein serving.

When using beans, 1 cup of cooked beans is one serving size. Beans should be combined with grains. ¼ cup of nuts is a serving size. Nuts add protein and fiber to a meal and can make a person feel full longer.

If bone-in meats are used, save the bones for making stock. Chicken soup, for instance, has some anti-viral properties inherent in the gelatin of the stock. Grandma's chicken soup is a strong ally, if you are quarantined. One chicken can provide both meat for 4 to 6 servings and soup stock for 8 to 12 servings of chicken soup.



- 4 pounds hamburger (16 servings)
- 5 pounds boneless Chicken (20 servings)
- 2 whole chickens (8 servings of meat, 20 cups broth)
- 10 cans fish, like Salmon, tuna, etc. (20 servings)
- 2 pounds Nuts (8 x ¼ cup servings per pound)
- 2 jars Nut butter (24 x 1 ounce serving per jar)
- 2 pounds Flax or chia seed (2 tablespoon per serving, 40 servings)
- 5 pounds Dried beans (6 servings per pound) or
- 12 x 15 ounce cans beans (36 servings)
- _____
- _____
- _____
- _____

Supplements

If you end up in quarantine, the added stress can reduce your immune strength. Adding supplements seems prudent, to ensure that you have the building blocks to strong immunity. Add any medications and supplements you currently take to this list.

Each of the supplements listed have some antiviral, immune strengthening qualities.

- 6 bottles (200 tablets) Vitamin C, 1000mg bottle (Allows for 20 grams per day per person should a family member become ill)
- 1 liquid bottle Vitamin D3 with K2 (4 drops per day per person, according to manufacturer)
- 3 bottles Quercetin with Bromelian (20 days per person per bottle) ([antiviral supplement](#))
- 1 pound dried elderberries (antiviral supplement)
- _____
- _____
- _____

Prescription or Over the Counter Medication

- _____
- _____
- _____
- _____



Sundries:

You probably already have many of these items in your cupboard now. Plan to purchase one unopened package over and above what you would normally use in a month to be ready for a 30 day quarantine. This list is additional quantities of sundry supplies that you may use more of in a quarantine situation, especially if a family member becomes ill.

- 4 bottles of all-purpose disinfecting cleaning spray
- 20 rolls Toilet paper (2 to 3 rolls per family member per week)
- 8 boxes Tissues
- 8 rolls Paper towel
- 8 bars Soap
- 4 x 8 ounce bottles hand sanitizer
- 32 ounces Dish soap
- 1 quart liquid Laundry soap
- 1 x 20 pound bag dry pet food per medium pet
- 1 40 lb. bag cat litter (if needed for pet cat)
- Feminine hygiene products for 2 cycles
- Diapers (240 per person, if needed)
- Box of 12 N95 masks (should someone become ill in your household)
- Water filters if necessary for your water purification system
- 1 box Garbage bags
- 1 box Kitchen Garbage Bags
- 2 packages Freezer bags
- _____
- _____
- _____
- _____

This list is probably more food than you can actually eat in 30 days. But, most of it is shelf stable, or what you'd buy normally for your weekly grocery shopping. If you have this quantity of food for two people, you can be confident that you can thrive through a 30 day self-quarantine.



Snack Food

I did not include any commercial snack food like packaged cookies, cakes, cake mixes, or chips in this list. Feel free to include in your shopping list your must-have items. Do keep in mind that anytime you consume foods that spike your blood sugar, your immune system also takes a hit. If you are in a serious quarantine with someone in your own family ill with the virus, you may want to minimize a daily sugar or chip habit, for the sake of your health.

If on the other hand you have a family birthday coming up in the next 8 to 12 weeks, during the time you anticipate that quarantine might be necessary, add a boxed cake mix to your shopping list and tuck it away. A birthday cake in the middle of quarantine can brighten spirits and help everyone feel better.

- _____
- _____
- _____
- _____

Remember to double each item in the list if you have a family of 4 people over the age of 12. Triple this list for a family of 6 over the age of 12. Make adjustments for family members under 10 or over 70 who might have lighter appetites.

Get more support

To get more support in planning for quarantine scenarios and coping with the unexpected challenges of the novel coronavirus Covid-19, join the [Joybilee Farm free Facebook group here](#), and follow along in our ongoing course, “Herbal Antivirals for the Zombie Apocalypse (or Covid-19)” from now till March 27th. [Join us by tapping this link](#).

Talk to you soon,

Chris

P.S. Who is Chris?

I help natural moms create a homegrown lifestyle so they can shift away from the corporate health paradigm and create health and wellness for their families naturally. [Come DIY with me!](#)