Stockpiling Plan

List items that you buy on a regular basis. These items should be top on your list when it comes to stockpiling when they go on sale at rock bottom prices.

When stockpiling, plan for 2 – 4 months for food and 6 –12 months for health and beauty.

Food Items	**Retail Price**	**Sale Price**	**Rock Bottom $**

Household items

	Retail Price	Sale Price	Rock Bottom $

Personal Care Items

	Retail Price	Sale Price	Rock Bottom $