

Week 1 : 6 lbs. salt
 Week 2 : 5 cans cream of chicken soup
 Week 3 : 20 lbs. of sugar
 Week 4 : 8 cans tomato soup
 Week 5 : 50 lbs wheat
 Week 6 : 6 lbs. macaroni
 Week 7 : 20 lbs. sugar
 Week 8 : 8 cans tuna
 Week 9 : 6 lbs. yeast
 Week 10 : 50 lbs. wheat
 Week 11 : 8 cans tomato soup
 Week 12 : 20 lbs. sugar
 Week 13 : 10 lbs. powdered milk
 Week 14 : 7 boxes macaroni and cheese
 Week 15 : 50 lbs. wheat
 Week 16 : 5 cans cream of chicken soup
 Week 17 : 1 bottle 500 multi-vitamins
 Week 18 : 10 lbs. powdered milk
 Week 19 : 5 cans cream of mushroom soup
 Week 20 : 50 lbs. wheat
 Week 21 : 8 cans tomato soup
 Week 22 : 20 lbs. sugar
 Week 23 : 8 cans tuna
 Week 24 : 6 lbs. shortening
 Week 25 : 50 lbs wheat
 Week 26 : 5 lbs. honey
 Week 27 : 10 lbs. powdered milk
 Week 28 : 20 lbs. sugar
 Week 29 : 5 lbs. peanut butter
 Week 30 : 50 lbs. wheat
 Week 31 : 7 boxes macaroni and cheese
 Week 32 : 10 lbs. powdered milk
 Week 33 : 1 bottle 500 aspirin
 Week 34 : 5 cans cream of chicken soup
 Week 35 : 50 lbs wheat
 Week 36 : 7 boxes macaroni and cheese
 Week 37 : 6 lbs. salt
 Week 38 : 20 lbs. sugar
 Week 39 : 8 cans tomato soup
 Week 40 : 50 lbs. wheat
 Week 41 : 5 cans cream of chicken soup
 Week 42 : 20 lbs. sugar
 Week 43 : 1 bottle 500 multi-vitamins
 Week 44 : 8 cans tuna
 Week 45 : 50 lbs. wheat
 Week 46 : 6 lbs. macaroni
 Week 47 : 20 lbs. sugar
 Week 48 : 5 cans cream of mushroom soup
 Week 49 : 5 lbs. honey
 Week 50 : 20 lbs. sugar
 Week 51 : 8 cans tomato soup
 Week 52 : 50 lbs. wheat

You will end up with:

500 pounds of wheat
 180 pounds of sugar
 40 pounds of powdered milk
 12 pounds of salt
 10 pounds of honey
 5 pounds of peanut butter
 45 cans of tomato soup
 15 cans of cream of mushroom soup
 15 cans of cream of chicken soup
 24 cans of tuna
 21 boxes of macaroni and cheese
 500 aspirin
 1000 multi-vitamins
 6 pounds of yeast
 6 pounds of shortening
 12 pounds of macaroni

Some weeks you will have
 leftover change. Save the change
 each week in a kitty to be used
 for the weeks you may exceed
 \$5.00 (for example, as when
 purchasing wheat or milk).

This should be enough to sustain
 2 people for 1 year. For every 2
 people in your family, add \$5
 more and double or triple the
 amount of the item you are buying
 for that week.