



SURVIVING SUBURBIA

Household Resilience Checklist

Pin this to your fridge. Check off steps as you go. Resilience builds one choice at a time.

Frugal Living & Home Economics

- Cancel 1 unused subscription — *save \$15/month*
- Cook 3 low-cost meals — *save \$25 this week*
- Set aside \$20 — *begin your \$100 safety fund*

Growing & Gardening

- Plant 3 herbs in pots — *fresh flavor at your fingertips*
- Save a pack of seeds — *next season, no purchase needed*
- Start a compost jar — *less waste, healthier soil*

Pantry & Storage

- Build a 3-day buffer — *no rush trips to the store*
- Label food with dates — *stop throwing money away*
- Freeze one meal — *future you says “thanks”*

Preparedness & Resilience

- Test flashlight + batteries — *ready in 2 minutes*
- Store 3 gallons water — *3 days of security*
- Write emergency contacts — *backup for your phone*

👉 Complete all 12 steps for a more resilient household.

Ready for more? Explore the Four Pillars at SurvivingSuburbia.com

Quick Reference: Build Deeper Resilience

Pantry Must-Haves that Save Money (*Start Here*)

- ✓ Rice, beans, oats, and pasta — The backbone of a low-cost pantry. A 20 lb. bag of rice or beans can feed a family for weeks at pennies per serving. Store in sealed containers or 5-gallon buckets with lids.
 - ✓ Canned proteins (tuna, chicken, beans) — Protein is often the hardest (and most expensive) part of a meal. A dozen cans of tuna or chicken cost less than a steak dinner and keep for years. Rotate through them.
 - ✓ Salt, sugar, flour — Not just for cooking. Salt preserves food, sugar fuels baking and energy, flour keeps bread, tortillas, or pancakes on the table when money is tight.
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Simple Skills to Fix, Mend, and Stretch (*Next Steps*)

- ✓ Sew on a button, patch a tear — Learn one 10-minute repair, and you can double the life of a shirt or jacket. Keep a \$2 sewing kit in your kitchen drawer.
 - ✓ Fix one household leak or squeak — A dripping faucet wastes gallons, and a squeaky hinge is just waiting to snap. YouTube + \$5 parts = money saved and confidence gained.
 - ✓ Repurpose jars, containers, and fabric — Mason jars, peanut butter jars, and old t-shirts can store food, organize screws, or replace rags. Every reuse saves you from buying new.
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Ways to Trade, Share, and Build Community (*Long-Term Strength*)

- ✓ Swap surplus with a neighbor — Trade Garden tomatoes for fresh eggs, or offer baked bread for herbs. Builds trust and reduces waste.
 - ✓ Join a Buy Nothing or Freecycle group — Furniture, clothing, even pantry extras move freely in your local area. Cuts expenses and connects you with like-minded people.
 - ✓ Offer a skill trade — Tighten a neighbor's leaky faucet in exchange for fresh baked goods, or swap lawn care for childcare. In hard times, relationships matter more than cash.
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Why This Order?

- Food first — If your pantry has staples + protein, you buy time and peace of mind.
 - Skills second — A small fix today prevents a costly replacement tomorrow.
- Community third — Once you're stable, trading and sharing makes your neighborhood resilient, too.

These extra steps build on your 12 quick wins, helping your household waste less, save more, and live well.