

# One Year Food and Water Supply Guide

Suggested Amounts of Basic Foods for Home Storage – Per Adult for One Year			
Basic Food Storage		Extras	
<b>Grains</b>	<b>300 lbs</b>	<b>Fruits</b>	<b>185 lbs Family Totals</b>
<b>Legumes</b>	<b>60 lbs</b>	<b>(Veg) Vegetables)</b>	<b>185 lbs. Family Totals</b>
<b>Powdered Milk</b>	<b>16 lbs</b>	<b>(CE) Cooking Essentials</b>	<b>8 lbs Per Person</b>
<b>Cooking Oil</b>	<b>25 lbs</b>	<b>Meats / Meat Substitutes</b>	<b>20 lbs Per Person</b>
<b>Sugar or Honey</b>	<b>60 lbs</b>	<b>(Aux) Auxiliary Foods</b>	<b>-</b>
<b>Salt</b>	<b>8 lbs</b>	<b>(Cond) Spices / Condiments</b>	<b>-</b>
<b>Water (2 wks)</b>	<b>14 gallons</b>	<b>Quantities are estimates, and should be adjusted to individual needs and desires</b>	

Food Storage Item	Amount	Shelf Life	Storage
<b>GRAINS:</b>	<b>300 lbs +</b>	<b>* Keep all grains away from weevil and rodents!</b>	
Cereal	5 lbs / 5 boxes Cereal	2-3 years	Dry & weevil proof
Cornmeal	10 lbs	30 years +*	* See below
Flour	75 lbs / 3 bags (25 lb ea)	8-10 years	Dry & weevil proof
Mixes (pancake, muffin, etc.)	10 lbs	2 years	Dry & weevil proof
Oats	20 lbs / 7( 48 oz) bags	30 years +*	* See below
Pasta	40 lbs / 40 bags – 1 lb ea	30 years +*	* See below
Rice	40 lbs / 2 bags – 20 lb ea	30 years +*	* See below
Wheat	100 lbs / 4 bags – 25 lb ea	30 years +*	* See below

\*Properly packaged, low moisture foods stored at room temperature or cooler (75 F or lower) remain nutritious and edible MUCH longer than previously thought according to findings of recent scientific studies. Estimated shelf life for many products has increased to 30 years or more." See LDS Provident Living website for more detailed information

<b>LEGUMES / BEANS:</b>	<b>60 lbs</b>	<b>* If beans are DRIED, they will last over 30 years!</b>	
Black Beans	10 lbs / 10 cans	Canned / 2 years	Cool, dry place
Chili	5 lbs / 5 cans	Canned / 2 years	Cool, dry place
Kidney Beans	10 lbs / 10 cans	Canned / 2 years	Cool, dry place
Lentils	5 lb bag	30 years	Cool, dry place
Pinto Beans	15 lb bag / 15 cans	Canned / 2 years	Cool, dry place
Pork and Beans	5 lbs / 5 cans	Canned / 2 years	Cool, dry place
Refried Beans	10 lbs / 10 cans	Canned / 2 years	Cool, dry place

<b>MILK / DAIRY:</b>	<b>16 lbs</b>		
Evaporated Milk	2 lbs / 3 (12 oz) cans	2 years	Cool, dry place
Other	1 lb	Expirations	Cool, dry place
Powdered Milk	12 lbs	20 years +	* See Above Statement
Sweetened Condensed Milk	1 lb / 2 cans	2 years	Cool, dry place

<b>SUGAR</b>	<b>60 lbs</b>		
Brown Sugar	6 lbs / 3 (32 oz) bags	2 years +	Tightly sealed and dry
Corn Syrup	1 lb	2 years +	Sealed
Honey	3 lbs	Indefinite	Cool, tightly sealed, dark
Jam / Jellies	3 lbs / 3 jars	2 years	Cool, tightly sealed, dark
Jello	1 lb / 6 (3oz) boxes	18 months	Cool and very dry place
Maple Syrup	3 lbs / 2 bottles	2 years	Cool, dry place
Molasses	1 lb	2 years	Cool, dry place
Powdered Sugar	6 lbs / 3 (32 oz) bags	2 years +	Tightly sealed and dry
Pudding	1 lb / 6 (3 oz) boxes	18 months	Cool, dry place
White Granulated Sugar	35 lbs	Indefinite	Tightly sealed and dry

Food Storage Item	Amount	Shelf Life	Storage
<b>OILS / FATS:</b>	<b>25 lbs</b>		
Butter	2 lbs / 2 (1lb) boxes	1 year in freezer	Freezer
Cooking Oil (Veg, Canola, etc)	5 lbs / 1/5 (48 oz) oils	2-3 years	Cool, dry place
Margarine	2 lbs / 2 (1lb) boxes	1 year in freezer	Freezer
Mayonnaise	4 lbs / 2 (32 oz) Jars	1-2 years / expiration date	Sealed, dark and cool
Olive Oil	3 lbs / 1 (48 oz) bottle	1-2 years	Sealed, dark and cool
Peanut Butter	4 lbs / 4 (18 oz) jars	4 years	Sealed, dark and cool
Salad Dressing	2 lbs / 2 (19 oz) jars	1 year	Sealed, dark and cool
Shortening	3 lbs / 1 (48 oz) tub	2-3 years	Cool, dry place

<b>SALT:</b>	<b>8 lbs</b>		
Salt	8 lbs	Indefinite	Sealed and BONE dry

<b>WATER:</b>	<b>28 gallons – 2 week supply</b>		
Drinking	14 gallons +	1 year	No contact w / cement
Washing / Cleaning	14 gallons +	1 year	No contact w / cement

<b>MEATS/SUBSTITUTES</b>	<b>20 lbs</b>		
Canned Chicken	2 lbs / 5 cans (6 oz)	2 years	Cool, dry place
Canned Tuna	5 lbs / 13 cans (6 oz)	2 years	Cool, dry place
Canned Turkey	1 lb / 2 cans (6 oz)	2 years	Cool, dry place
Chicken Noodle / Meat Soups	2 lbs / 2 cans (15 oz)	2 years	Cool, dry place
Clams	.5 lbs / 2 cans (4 oz)	2 years	Cool, dry place
Spam	1 lb / 2 cans (8 oz)	2 years	Cool, dry place
Stew	2 lbs / 2 cans	2 years	Cool, dry place
Vienna Sausages	.5 lbs / 2 cans (4 oz)	2 years	Cool, dry place
TVP	1 lb	20 years	Cool, dry place
Fresh Meat 1 month supply			
Bacon	1 lb +	1 year / freeze	Freezer Bags / containers
Beef Roast	1 lb +	1 year / freeze	Freezer Bags / containers
Chicken	1 lb +	1 year / freeze	Freezer Bags / containers
Pork	1 lb +	1 year / freeze	Freezer Bags / containers
Sausage	1 lb +	1 year / freeze	Freezer Bags / containers
Seafood	1 lb +	1 year / freeze	Freezer Bags / containers

<b>FRUITS:</b>	<b>185 lbs (Total for the Entire Family)</b>		
Applesauce	36 lbs / 36 cans	2 years	Cool, dry place
Dry Fruit (raisins, apples etc)	17 lbs / 17 (1 lb) bags	2 years	Cool, dry place
Fruit Cocktail	12 lbs / 12 cans	2 years	Cool, dry place
Mandarin Oranges	36 lbs / 52 cans (11 oz)	2 years	Cool, dry place
Peaches	24 lbs / 24 cans	2 years	Cool, dry place
Pears	24 lbs / 24 cans	2 years	Cool, dry place
Pineapple	36 lbs / 45 cans (20 oz)	2 years	Cool, dry place

<b>VEGETABLES:</b>	<b>185 lbs (Total for the Entire Family)</b>		
* If vegetables are dried and packaged properly they will last anywhere from 18-24 months, or longer			
Beets	1 lb / 1 can	2 years	Cool, dry place
Carrots	5 lbs / 5 cans / or dried	2 years	Cool, dry place
Corn	24 lbs / 24 cans	2 years	Cool, dry place
Green Beans	24 lbs / 24 cans	2 years	Cool, dry place
Green Chiles	3 lbs / 12 cans (4 oz)	2 years	Cool, dry place
Instant Potatoes	30 lbs	30 years +*	See Above Statement
Mixed Vegetables	5 lbs / 5 cans (15 oz)	2 years	Cool, dry place
Mushrooms	1 lb / 4 cans (8 oz)	2 years	Cool, dry place
Onions	5 lbs.	18-24 months	Cool, dry place
Peas	6 lbs / 6 cans (15 oz)	2 years	Cool, dry place

Food Storage Item	Amount	Shelf Life	Storage
<b>VEGETABLES CONT</b>			
Pickles	6 lbs / 4 jars (24 oz)	2 years	Cool, dry place
Pumpkin	10 lbs / 5 cans (29 oz)	2 years	Cool, dry place
Salsa	6 lbs / 6 jars (16 oz)	2 years	Cool, dry place
Spaghetti Sauce	30 lbs / 19 jars (26 oz)	2 -3 years if in glass jar	Cool, dry place
Tomato Paste	2.5 lbs / 7 cans (6 oz)	2 years	Cool, dry place
Tomato Sauce	2.5 lbs / 7 cans (6 oz)	2 years	Cool, dry place
Tomato Soup	6 lbs / 6 cans (15 oz)	2 years	Cool, dry place
Tomatoes	27 lbs / 27 cans (15 oz)	2 years	Cool, dry place
Yams	1 lb / 1 can (15 oz)	2 years	Cool, dry place

<b>COOK ESSENTIALS:</b>	<b>6 lb</b>		
Baking Powder	2 lbs / 3 cans (10 oz)	3 years	Sealed and BONE dry
Baking Soda	1 lb / 1 box (16 oz)	3 years	Sealed and BONE dry
Cocoa	1 lb / 2 cans (8 oz)	3 years	Sealed and cool
Vanilla	As desired	3 years	Cool, dry place
Vinegar	2 quarts / .5 gallon	2 years +	Sealed
Yeast	2 lbs / 2 pkgs (16 oz)	1 year in the freezer	Freezer or cool place

<b>AUXILIARY FOODS:</b>			
Brownie and Cookie Mixes		1 year	Dry & Weevil proofed
Cake Mixes		1 year	Dry & Weevil proofed
Casserole Mixes		1 year	Dry & Weevil proofed
Crackers		1 year	Dry & Weevil proofed
Marshmallows		1 year	Cool, dry place
Pie Fillings		2 years	Cool, dry place
Spices		3 years +	Dry & Weevil proofed
Vitamins and minerals		1 year +	Cool, dark, dry place
Chocolate Chips		18 months	Cool, dry place

<b>CONDIMENTS:</b>			
BBQ Sauce		2 years	Tightly sealed
Ketchup		2 years	Tightly sealed
Mustard		2 years	Tightly sealed
Specialty Mustards		2 years	Tightly sealed

## Food Storage Tips

### Reasons to Store Food

The only sure thing about the future is that there is no sure thing. Storing food for your family is one of the most prudent actions you can take. No one knows what can or will affect the functioning of society or food distribution. With stored food, you eliminate the worry. You should also plan for some spoilage when storing food. About 1/3 is a good rule of thumb.

### How Much to Store

Is a one-year supply of food enough? What about a two-year supply? If you're fortunate enough to find storable food you can trust, and are fortunate enough to get it stored before it disappears. If you're wise enough to get more than a 1-year supply, here's how that supply must be handled.

Don't touch any of your supply until all other alternatives have been completely exhausted. When you can no longer grow food, barter, spend cash or trade our cars and other possessions for food, then and only then, should you break open this supply. When conditions have reached the point where the "food of last resort" has to be used, the survival clock starts ticking. If there is only a 2-year supply, that's exactly how long you have to come up with a way to solve the problem of survival. What about putting in a little at a time starting with a few basic grains and building up your supply gradually? Not a good option.

"Nickel and Diming" a supply - putting in a little at a time starting with a few basic grains and building up gradually was an option 10 years ago, not now. Whatever is missing in your supply needs to be replenished immediately. If the supply isn't complete and nutritionally balanced, it is not a supply.

### Food Quality Considerations

Remember to screen the quality of food you store.

## **Additional Items**

Water: Even though the recommendation is to store a gallon per day for a 2-week period, store more if you can. The average person needs a minimum of 2 gallons a day for drinking, cooking, food preparation and personal hygiene not including showers and baths.

Water filter: Start using water purification equipment immediately. You'll want to clean every bit of water you consume.

Garden Seeds-the restorable food supply: Whether a family has a garden or not, we suggest a supply of garden seed be stored. These seeds must be "non-hybrid", called heritage seeds like the pioneers used. They can be grown and replanted year after year endlessly. (Hybrid seeds won't reproduce properly after the first year.) These seeds must also be matched to your local climate and growing season.

## **Seven Mistakes You Should NEVER Make**

- If you don't have enough variety and get "appetite fatigue," you might as well have no food at all.
- If you have a lot of basic food and nothing to make it work, you might as well have no food at all.
- If you don't have the vitamins to keep healthy, the whole supply is devalued.
- If you don't have some easy foods for when you can't take another step, life can get hard.
- If the supply is not balanced for a complete diet, you really do have no food at all.
- If the supply is not stored properly, you will have no food at all.
- If you don't know how to use the food and your family won't eat it, you might as well have saved your money.

Everybody has heard that we need to "store what we eat and eat what we store." The problem is that what most people eat, doesn't store.

## **Warnings to Consider**

Avoid premixed flour based recipes like pancake mix, muffin mix, bread mixes, any items containing flour and raising ingredients. The flour will go rancid and the raising ingredients will go flat. Premixed flour-based recipes will also have chemical reactions between ingredients. Shelf life is usually very, very short. The reason these are included in plans by suppliers is that they are very cheap and they can make a supply look like you are getting a tremendous amount of food.

Never buy incomplete sections of food storage. For example, buying a lot of wheat. Second, buying grains and later some powered milk, etc. A food supply is like baking a cake. You can put in the flour and the sugar and the raising ingredients, but if you can't afford the eggs, you have nothing. It's better to bake a smaller cake with all the ingredients. Spend your available resources on a complete supply (balanced with fruits, vegetables, dairy products, grains and sprouting seeds), even if it will only feed your family for 3 months. Unless the supply is balance it just won't work.

Buy enough food. Never rationalize what is enough based on your pocketbook. Think, study and plan!!! There are very few situations we are facing where a one-year supply would prove adequate. If we end up needing to be independent for three years, the poor guy that only has a one-year supply only prolonged his personal disaster. You can compare it to needing to make a phone call, but ending up standing in the phone booth all day long with 24 cents in your hand.

## **Food Grade Buckets**

Five gallon plastic buckets for storing grain and legumes can be purchased in your local community. However, you should be careful to purchase food grade buckets as non-food grade plastic buckets can leach gas that will permeate through your food. Round plastic containers protect the contents better than square ones. Food grade, heavy-duty sealable plastic liners in new galvanized steel drums will work as well. The best buckets are opaque. You don't want to expose your food to light as it will diminish shelf life.

## **Protection from Pests - The Bay Leaf Method**

Pests are the greatest threat to stored food. There are several methods used to insure that pests won't spoil your food supply. We recommend the bay leaf method as it is the easiest and least expensive. Fill the bucket about one quarter full and place several whole bay leaves directly on the food. Pour in more grain or legumes until the bucket is about half full and put several more bay leaves on top. Do the same thing at three quarters full and finally place bay leaves on top of the filled bucket. Seal the bucket with an air-tight lid.

## **Proper Storage of Filled and Sealed Food Buckets**

To insure that your food stays dry, buckets should be stored on a shelf or pallet and never directly on a cement floor. To maximize shelf life, store your food in a cool (40 to 68 degrees Fahrenheit), dry place away from direct sunlight.

## **Salt and Sugar**

Salt and sugar store almost indefinitely if they are kept dry. These items can be stored in the same way as grain and legumes. Because the volume of sugar and salt needed is considerably less than grains and legumes, you might consider storing them in #10 cans rather than five gallon buckets.

If you are a coffee drinker and purchase your coffee in the standard 2 pound cans with resealable plastic lids, you can save these and reuse them for storing salt, sugar, baking powder, baking soda and yeast. For added protection, you can line the cans with one gallon zip lock bags, then fill them with the desired product. Seal them tightly and store them in the same way you do the larger five gallon buckets.