

# Basic Food Storage

Suggested amounts per adult for one year. This list may vary according to location.

| Item                         | Number**<br>in<br>Family | Amount<br>Needed per<br>Adult | Total<br>Amount<br>Suggested | Amount<br>on<br>Hand | Additional<br>Purchases<br>Needed |
|------------------------------|--------------------------|-------------------------------|------------------------------|----------------------|-----------------------------------|
| <b>Grain</b>                 |                          | <i>400 lbs.</i>               |                              |                      |                                   |
| Wheat                        |                          |                               |                              |                      |                                   |
| Flour                        |                          |                               |                              |                      |                                   |
| Rice                         |                          |                               |                              |                      |                                   |
| Corn                         |                          |                               |                              |                      |                                   |
| Oatmeal                      |                          |                               |                              |                      |                                   |
| Pastas                       |                          |                               |                              |                      |                                   |
| <b>Milk, Dry</b>             |                          | <i>16 lbs***</i>              |                              |                      |                                   |
| Nonfat, Regular or Instant   |                          |                               |                              |                      |                                   |
| Canned (5 cans = 1 lb.)      |                          |                               |                              |                      |                                   |
| <b>Sugar</b>                 |                          | <i>60 lbs</i>                 |                              |                      |                                   |
| Sugar                        |                          |                               |                              |                      |                                   |
| Honey                        |                          |                               |                              |                      |                                   |
| <b>Salt</b>                  |                          | <i>8 lbs</i>                  |                              |                      |                                   |
| <b>Fats</b>                  |                          | <i>10 quarts</i>              |                              |                      |                                   |
| Shortening                   |                          |                               |                              |                      |                                   |
| Vegetable oil (1 lb.=1/2 q.) |                          |                               |                              |                      |                                   |
| <b>Legumes</b>               |                          | <i>60 lbs</i>                 |                              |                      |                                   |
| Pinto beans                  |                          |                               |                              |                      |                                   |
| Navy beans                   |                          |                               |                              |                      |                                   |
| Red beans                    |                          |                               |                              |                      |                                   |
| Split peas or lentils        |                          |                               |                              |                      |                                   |
| Soybeans                     |                          |                               |                              |                      |                                   |
| <b>Medical</b>               |                          |                               |                              |                      |                                   |
| <b>Fuel and Light</b>        |                          |                               |                              |                      |                                   |
| <b>Water *</b>               |                          | <i>14 gals</i>                |                              |                      |                                   |

\*It is impractical for most families to store a year's supply of water. 14 gals./person is a suggested minimum reserve.

\*\*Children's % of adult portion, except milk: 0-3 yrs.=50%, 4-6 yrs.=70%, 7-10 yrs.=90%

\*\*\*Provides approximately one glass of milk per day. Children and pregnant or nursing mothers will require more.

Adapted from: *Essentials of Home Production and Storage*, "Update on Milk Storage," *Ensign* March 1997, and "Food Storage & Children," *Ensign* March 1998