

Preparedness & Survival¹

Food Storage, Safety, & Preparation

Food Storage Plan for One Person for One Year

FOOD STORAGE REQUIREMENTS - ONE PERSON/ONE YEAR (amounts for adults -- for children, divide by 2, except for milk)

GRAIN: 300-400 lbs. (wheat, flour, pasta, rice, popcorn, oats, potatoes, baking mixes)

SALT: 5 lbs. (store iodized rather than plain & in original container)

LEGUMES: 35-60 lbs. (beans - all sorts, lentils, peanuts, dry soup mixes)

MILK: 17 lbs. per adult....75 lbs. per child. (instant, regular dehydrated, canned 6 cans=1 lb.)

SUGAR: 100 lbs. (granulated, brown, syrups, honey, flavored jellos, syrups)

OIL: 25-35 lbs. (oil, shortening, margarine/butter, mayo, peanut butter) (1 gal. oil=6 lbs.; 1 qt. mayo=1.5 lbs. oil; 1 lb. peanut butter=.5 lbs. oil)

WATER: 7-14 gal. WEEK (1 to 2gal./day)

FUEL: gas, kerosene, propane, wood, charcoal, candles, matches, starters

EXPANDED FOOD STORAGE - PER PERSON PER YEAR

FRUIT: 80 QUARTS (canned, bottled, dried)

VEGETABLES: 150 lbs.

MEATS: (According to your needs and tastes) 50 lbs., more or less

BAKING SUPPLIES: yeast, baking powder, baking soda, spices/flavorings

DETERGENTS: bleach, laundry soap, cleansers, dish soap
PERSONAL PRODUCTS: toilet tissue (1 roll/wk), hand soap, shampoo, toothpaste, deodorant, razors, feminine hygiene products

INSTANT MEALS: canned soups, canned pastas, canned chili (20 cans or more)

52 WEEK ACQUISITION PLAN TO ACQUIRE ONE YEAR'S STORAGE

MONTH 1

Week 1. Grain (45-50 lbs.)

Week 2. Canned meats: beef, turkey, chicken, tuna (25 cans to 25 lbs.)

Week 3. Baking supplies: yeast, baking soda, baking powder (1 box each)

Week 4. Vegetables: spaghetti sauce, salsa, other tomato products (25 cans to 50 lbs.)

MONTH 2

Week 1. Sugar-granulated, brown, powdered (50 lbs.)

Week 2. Canned/bottled fruits (30 qts.)

Week 3. Salt (5 lbs.)

Week 4. Water purification tablets/bleach - learn to use the method stored

MONTH 3

Week 1. Milk-dry/canned (30 lbs.)

Week 2. Canned/bottled fruits (30 qts.)

Week 3. Sugar-syrups (10 lbs.)

Week 4. Powdered eggs or egg substitute (necessary for most baking) (5 lbs.)

MONTH 4

Week 1. Grain & dehydrated potatoes or other potato items (50 lbs. each)

Week 2. Juice (6 gallons)

Week 3. Oil-veg oil or shortening (20 lbs.)

Week 4. Light source (batteries/flashlights, candles/matches, lanterns, etc.)

MONTH 5

Week 1. Legumes - beans (30 lbs.)

Week 2. Soup - dry mixes or canned (20 cans/10 lbs. dry)

Week 3. Spices, herbs, seasoning, vinegars

Week 4. First aid supplies - basic kit or expand what you have

MONTH 6

Week 1. Grain - pasta (50 lbs.)

Week 2. Pudding mixes (5 lbs.)

Week 3. Gelatin mixes - count toward sugar (5 lbs.)

Week 4. Emergency cooking equipment -- barbecue, propane stove, firewood

MONTH 7

Week 1. Milk - dry/canned (30 lbs.)

Week 2. Jams/jellies - (20 lbs.)

Week 3. Vegetables - canned (50 lbs.)

Week 4. Personal essentials - hygiene, feminine, baby needs

MONTH 8

Week 1. Grain - oats or rice (50 lbs.)

Week 2. Nuts - dry roasted best, or Peanut Butter (5-15 lbs.)

Week 3. Canned meats (25 lbs.)

Week 4. Medicinal supplies - basic meds and prescriptions

MONTH 9

Week 1. Sugar - honey (20 lbs.)

Week 2. Vitamins/mineral supplements

Week 3. Dry fruit - raisins, leather, chips, dehydrated (5 lbs.)

Week 4. Detergents/cleansers

MONTH 10

Week 1. Grain - flour (50 lbs.)

Week 2. Oil - peanut butter, mayonnaise, butter powder - (15 lbs.)

Week 3. Baking extras - cocoa, coconut, chocolate chips, nuts, peanut butter

Week 4. Emergency sewing supplies

MONTH 11

Week 1. Grain - wheat (50 lbs.)

Week 2. Dry mixes - pancake, breads, cakes, cookies, etc.

Week 3. Clothing and bedding - evaluate and update

Week 4. Condiments

¹ C:\My Documents\Survival\Foods1.txt

MONTH 12

Week 1. Legumes - (30 lbs.)

Week 2. Seeds/sprouting supplies

Week 3. Fruits and/or vegetables (20 qts. each)

Week 4. Paper supplies - toilet tissue, plastics/foils

January

Storage Goal: 24 cans of meat or fish per person, 1 gallon bleach per person, can opener, garbage bags, laundry detergent

72 hour kit:

Gather a change of clothing including underwear and shoes for each family member--include warm coats and boots, or have them immediately accessible. Ax, shovel and bucket, utility knife, \$20.00 cash, \$5.00 in change for phone

February

Storage Goal: 100 pounds (total) pasta & flour per person, hand grain mill, thread, needles, buttons, and zippers,

72 hour kit: 1 gallon water per person, scriptures, personal documents--genealogical records, wills, passports, insurance, contracts, birth certificates, patriarchal, blessings, etc. \$25.00 cash

March

Storage Goal: 50 cans of soup, stew or chili per person, 5 pounds of salt per person, 20 pounds fat, oil or shortening per person, aluminum foil, plastic wrap, storage bags, etc. At least 5 gallons water per person--recommended is 14 gallons / person for 2 weeks

72 hour kit: 1 pound dried fruit or trail mix per person (can use fruit leather), 1 package soda crackers per person (4 per box), 1 package graham crackers per person (4 per box), 2 liters tomato or orange juice per person (Note: these items will be rotated every 6 months--see Sept). ALSO make a goal to always have the fuel tanks on ALL vehicles at least half full.

April

Storage Goal: 2 pounds yeast per person, 2 pounds baking powder per person, 1 pound soda per person, 1 gal vinegar per person, 10 cans evaporated milk per person, 10 pounds peanut butter per person, spices, condiments and vanilla,

72 hour kit: 4 granola bars per person, 2 sticks beef jerky per person, 1 package chewing gum per person, hard candies or lollipops--at least 12 per person (note these items will be rotated every 6 months--see Oct.)

May

Storage Goal: 100 pounds variety of cereal grains--rice, oatmeal, cornmeal, etc. per person, 24 rolls paper towels per person, 24 packages flavored gelatin per person, garden seeds, 1 small bottle olive oil (for consecrating). At least one month prescription ahead for all doctor prescribed medication.

72 hour kit: battery powered radio, battery powered light, batteries

June

Storage Goal: First aid kit--should include scissors, knife, thermometer, measuring cup, medicine dropper, hot water bottle, triangular bandages, soap, matches, razor blades, needles, safety pins, adhesive tape, elastic bandages, paper bags, gauze bandages, bicarbonate of soda, Ipecac syrup (induces vomiting), ammonia, hydrogen peroxide, calamine lotion (insect bites and sunburn), rubbing alcohol, diarrhea remedy, antibiotic ointment, first aid instruction book, prescription medication, waterproof matches.

72 hour kit: Container for holding kit. Large garbage cans with wheels OR a back pack for each family member recommended. Find a place in your home that is easily accessible for storing the kit. You need to be able to grab it at a moment's notice to leave

FIFTH WEEKS

1. WATER

2. WATER

3. WATER

4. WATER

(14 gal. per person is 1 week supply.)

your home. Note: Your first aid kit is also part of the 72 hour kit. Note: your 72 hour kit is also part of your general storage, but your general storage CANNOT be part of your 72 hour kit. When you need it there may not be time to gather it together for transport.

July

Storage Goal: 50 pounds sugar or honey per person, 10--#10 cans (35 pounds total) powdered milk per person, 2 toothbrushes per person, toothpaste, mouthwash, infant needs--formula, baby food, diapers, Tylenol etc.

72 hour kit: Prepare blankets (the silver foil ones), gather items to entertain your family and include in kit--UNO cards, coloring books and crayons, x-stitch kit etc. Be sure to include paper and pencils. Camp stove or portable BBQ and fuel, mosquito repellent, \$25 cash

August

Storage Goal: 100 quarts fruit and or vegetables per person, 24 pints jam or jelly per person, feminine needs, school supplies, pet supplies

72 hour kit: 1 can tuna per person, 1 can pork and beans per person, 1/2 pound dried milk per person, 2 packets hot chocolate mix per person (or 1 large can per family). 2 instant soup packets per person (these should be rotated every year), disposable plates, cups, bowls and flatware, pet supplies--be sure to include dishes, leash and extra water

September

Storage Goal: 10--#10 cans (35 pounds total) powdered milk per person, 25 pounds canned or dried potatoes per person, 50 quarts fruit or tomato juice per person

72 hour kit: 1 pound dried fruit or trail mix per person (can use fruit leather), 1 package soda crackers per person (4 per box), 1 package graham crackers per person (4 per box), 2 liters tomato or orange juice per person (Note: these items will be rotated every 6 months--see March)

October

Storage Goal: 50 cans soup, stew or chili per person, 10 pounds cheese--dried or bottled per person, shaving supplies dish soap,

72 hour kit: 4 granola bars per person, 2 sticks beef jerky per person, 1 package chewing gum per person, hard candies or lollipops--at least 12 per person (note these items will be rotated every 6 months--see April). Check batteries for light and radio. Replace if needed.

November

Storage Goal: 100 pounds wheat per person, 1 #10 can juice mix with vitamin C per person, Hand/shower soap, light bulbs. At least one month prescription ahead for all doctor prescribed medication.

72 hour kit: soap, toothbrushes and toothpaste, shaving supplies, infant needs, feminine needs, disinfectant, aluminum foil

December

Storage Goal: 40 pounds dried beans per person, matches, candles, batteries

72 hour kit: garbage bags, candles, matches, can opener