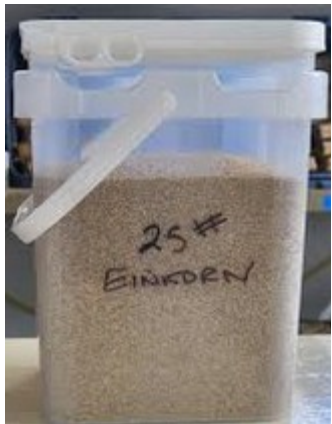


Grains for 6 month per person

Long Term

Grains 75 pounds

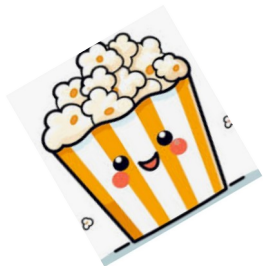
Popcorn 2 pounds



Moderate Term

Rice 16 pounds **Flour** 20 pounds

Oatmeal 7 pounds **Cornmeal** 3 pounds



Potatoes/Pasta for 6 month per person

Long Term

Potato flakes or
Sliced dehydrated potatoes
One number 10 can per person

Pasta dried
3 pounds
Canned pasta – ravioli, spaghetti
2 cans (pounds)

Moderate Term

Potatoes
25 pounds fresh potatoes

Fresh pasta
2 packages of fresh pasta in fridge





Legumes

24 pounds per person for 6 months

Long Term

Dried beans
1 pound dried = 3-4 cans

Moderate Term

Canned beans
Sprouting

Kidney, split peas, black,
pinto, white, anasazi, lentils, garbanzo.





Milk Storage

45 pounds per person for 6 months

Long Term

Dairy Milk

- Nonfat dry milk (25 year shelf life)
- Instant non-fat dry milk – mixes easily
- Whole milk dry (2 year shelf life)

Nondairy Milk

- Dehydrated Soy, Oat
- Storage – Almonds, Soybeans, Oat, Rice for make from scratch milk



Moderate Term

Dairy Milk

- Shelf stable

Nondairy Milk

- Shelf stable





Oil - Shortening

12 pounds per person for 6 months

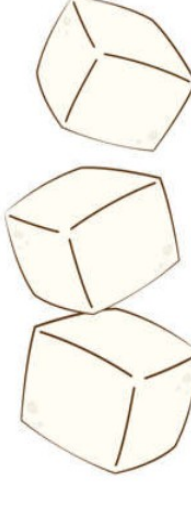
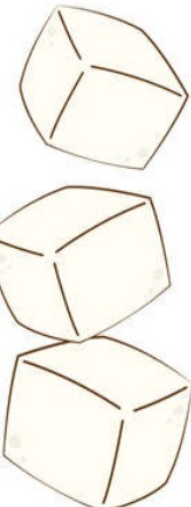
Long Term

Two 32 ounce oil - 2 pounds each
One shortening - 3 pounds
One mayonnaise - 16 ounces

Moderate Term

3 pound butter/margarine





Sugar

30 pounds per person for 6 months

Types

Sugar – granulated, brown, powdered, jello

Liquid – honey, molasses, corn syrup, jam, maple syrup





Fruit

90 pounds per person for 6 months

Long Term

Moderate Term

Dehydrated

(1 pnd = 4 lbs fresh fruit)

*store 2 # 10 cans of apple slices
for 6.5 pound each (13 lbs)*

Freeze-dried

(1 pnd = 10 lbs fresh fruit)

store 1 pound

Frozen fruit

Store 5 pounds

Canned fruit (1 can = 1 lb)

Store 10 cans (10 lbs)

Bottled fruit (1 qt = 3 lb)

Store 20 qts of fruit (60 lbs)





Vegetables

90 pounds per person for 6 months

Long Term

Dehydrated (1 lb:4 lb ratio)

bell peppers, tomatoes, mushroom
carrots*, onions*, potato flakes*

Freeze-dried

peas, corn, carrots
green beans, mushroom, bell peppers

(1 # 10 can = 1 lb)



Moderate Term

Frozen *10 lb*

Cool/dark place-fresh

sweet potatoes, carrots, winter
squash, beets, potatoes *10 lb*

Bottled (1 qt = 3 lbs)

tomatoes, beans, corn, carrots, beets
parsnips. *30 lb – 10 qt*

Canned (1 can = 1 lb)

tomatoes, beans, corn, carrots,
beets, parsnips *30 lb – 30 can*





Meat / Protein Storage

9 pounds per person for 6 mo

Long Term

Canned Meats:

Tuna, chicken, beef, shredded pork, corned beef, Spam, chili.

Freeze Dried/ Dehydrated Meats:

Beef jerky, ham, chicken, ground beef (1 lb meat = 1/3 lb freeze-dried meat)

Powdered Eggs (2 lb can = 6 ½ doz eggs)



Moderate Term

Frozen Meats:

Hamburger, roast, chicken, turkey, pork, corned beef, bacon

Nut butter



Devices to assist with Food Storage



Manual Can Opener:

A basic, non-electric can opener is a critical item for accessing commercially canned foods during a power outage.

Electric or Manual Grain Mill:

Allows you to grind whole grain into fresh flour, which is a key component of a long-term food supply.

Pressure Canner:

A stove top pressure canner is necessary for safely canning low-acid foods like meats and most vegetables.

Dehydrator or Freeze Dryer:

These appliances allow you to preserve your own fruits, vegetables, and meats for long-term storage.

Oat Roller

This allows you to store oat grouts, and roll your own oatmeal, to increase the storage time of oats..

