

**Long term and Moderate
term**

**Food Storage
Compilation**

Nancy M. Veit

Grains for 6 month per person

Long Term

Grains 75 pounds
Popcorn 2 pounds
pounds

Moderate Term

Rice 16 pounds Flour 20 pounds
Oatmeal 7 pounds Cornmeal 3

Potatoes/Pasta for 6 month per person

Long Term

Potato flakes or
Sliced dehydrated potatoes
One number 10 can per person
Pasta dried
7 pounds
Canned pasta – ravioli, spaghetti
5 cans (pounds)

Moderate Term

25 pounds fresh potatoes
Fresh pasta – 2 packages
in the freezer

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
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/marg

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

Dehydrated

Moderate Term

Frozen fruit

(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

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, corn, carrots
mushroom, bell peppers

(1 # 10 can = 1 lb)

Moderate Term

Frozen 10 lb

Cool/dark place-**fresh**

sweet potatoes, carrots, green beans,
winter squash, beets, potatoes

10 lb

Bottled (1 qt = 3 lbs)

tomatoes, beans, corn, carrots
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.

Moderate Term

Frozen Meats:

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

Freeze Dried/ Dehydrated Meats:

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

Nut butter

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

Cooking Essentials for 6 months

Baking powder, Baking soda, Salt, Yeast, Vinegar, Seasonings, Dry soup mixes, Soy sauce, Bouillon cubes, Vitamins, Medications, Personal health and hygiene products, Cocoa (it's essential to me!), Drink powder, helpful to flavor stored water.