

# One Year Supply Guide

## Suggested Amounts of Basic Foods for Home Storage-Per Adult for One Year

### Basic Food Storage

### Extras

Grains	300 lbs.
Legumes	60 lbs.
Powdered Milk	16 lbs.
Cooking Oil	25 lbs.
Sugar or Honey	60 lbs.
Salt	8 lbs.
Water (2 wks.)	14 gallons

Fruits	185 lbs. Family Totals
(Veg) Vegetables	185 lbs. Family Totals
(CE) Cooking Essentials	8 lbs. Per Person
Meats/Meat Substitutes	20 lbs. Per Person
(Aux.) Auxiliary Foods	-
(Cond.) Spices/Condiments	-

\* Quantities are estimates and should be adjusted to individual needs & likes.

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

\*According to the LDS church website, [www.providentliving.com](http://www.providentliving.com) it states:

"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 website for more detailed information.

<b>LEGUMES/BEANS:</b>	<b>60 lbs.</b>	*If beans are <b>DRIED</b> , they will last over 30 years!	
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 n' 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 (12oz.) cans	2 years	Cool, dry place
Other	1 lb.	Expirations	Cool, dry place
Powdered Milk	12 lbs.	20 years+	*See Above Statement
Sweetened Condensed	1lb./2 cans	2 years	Cool, dry place

<b>SUGAR:</b>	<b>60 lbs.</b>		
Brown Sugar	6 lbs./ 3 (32oz.)bags	2 years+	Tightly sealed & 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 & very dry
Maple Syrup	3 lbs./2 bottles	2 years	Cool, dry place
Molasses	1 lb.	2 years	Cool, dry place
Powdered Sugar	6 lbs./ 3 (32oz.)bags	2 years+	Tightly sealed & dry
Pudding	1 lb./6 (3oz.) boxes	18 months	Cool, dry place
White Granulated Sugar	35 lbs.	Indefinite	Tightly sealed & dry

<b>OILS/FATS:</b>	<b>25 lbs.</b>		
Butter	2 lbs./2 (1lb.) boxes	1 year in the freezer	Freezer
Cooking Oil (Veg., Canola, etc.)	5 lbs./1.5 (48oz.) oils	2-3 years	Cool, dry place
Margarine	2 lbs./2 (1lb.) boxes	1 year in the freezer	Freezer
Mayonaise	4 lbs./2 (32oz.) Jars	1-2 years/expiration date	Sealed, dark & cool
Olive Oil	3 lbs./ 1 (48oz.)	1-2 years	Sealed, dark & cool
Peanut Butter	4 lbs./4 (18oz.) jars	4 years	Sealed, dark & cool
Salad Dressing	2 lbs./ 2 (19oz.) jars	1 year	Sealed, dark & cool
Shortening	3 lbs./ 1 (48oz.) tub	2-3 years	Cool, dry place

<b>SALT:</b>	<b>8 lbs.</b>		
Salt	8 lbs.	Indefinite	Sealed & 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 (6oz.)	2 years	Cool, dry place
Canned Tuna	5 lbs./13 cans (6oz.)	2 years	Cool, dry place
Canned Turkey	1 lb./2 cans (6oz.)	2 years	Cool, dry place
Chicken Noodle Soup/Meat soups	2 lbs./2 cans (15oz.)	2 years	Cool, dry place
Clams	.5 lbs./2 cans (4oz.)	2 years	Cool, dry place
Spam	1 lb./2 cans (8oz.)	2 years	Cool, dry place
Stew	2 lbs./ 2 cans	2 years	Cool, dry place
Vienna Sausages	.5 lbs./2 cans (4oz.)	2 years	Cool, dry place
TVP	1 lb.	20 years	Cool, dry place
<b>Fresh Meat/1 month supply/Freezer:</b>			
Bacon	1 lb.+	1 year/freezer	Freezer bags/containers
Beef/Roast	1 lb.+	1 year/freezer	Freezer bags/containers
Chicken	1 lb.+	1 year/freezer	Freezer bags/containers
Pork	1 lb.+	1 year/freezer	Freezer bags/containers
Sausage	1 lb.+	1 year/freezer	Freezer bags/containers
Seafood	1 lb.+	1 year/freezer	Freezer bags/containers

<b>FRUITS:</b>	<b>185 lbs. (Totals for the ENTIRE family)</b>		
Applesauce	36 lbs./ 36 cans	2 years	Cool, dry place
Dry Fruit (raisins, coconut, apples)	17 lbs./ 17 1lb. Bags	2 years	Cool, dry place

Fruit Cocktail	12 lbs./ 12 cans	2 years	Cool, dry place
Mandarin Oranges	36 lbs./52cans(11oz)	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./45cans(20oz)	2 years	Cool, dry place

### **VEGETABLES: 185 lbs. (Totals for the ENTIRE family)**

\*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 Chilies	3 lbs./ 12 cans(4oz)	2 years	Cool, dry place
Instant Potatoes	30 lbs.	30 years+*	*See Above Statement
Mixed Vegetables	5 lbs/5 cans (15oz.)	2 years	Cool, dry place
Mushrooms	1 lb./ 4 cans (8oz.)	2 years	Cool, dry place
Onions	5 lbs.	18-24 months	Cool, dry place
Peas	6 lbs./ 6 cans (15oz.)	2 years	Cool, dry place
Pickles	6 lbs. / 4 jars (24oz.)	2 years	Cool, dry place
Pumpkin	10 lbs./ 5 cans(29oz)	2 years	Cool, dry place
Salsa	6 lbs./ 6 jars (16oz.)	2 years	Cool, dry place
Spaghetti Sauce	30 lbs./19 jars(26oz.)	2-3 years if in glass jar	Cool, dry place
Tomato Paste	2.5 lbs./7 cans (6oz.)	2 years	Cool, dry place
Tomato Sauce	2.5 lbs./7 cans (6oz.)	2 years	Cool, dry place
Tomato Soup	6 lbs./ 6 cans (15oz.)	2 years	Cool, dry place
Tomatoes	27 lbs/27 cans(15oz)	2 years	Cool, dry place
Yams	1 lb./ 1 can (15oz)	2 years	Cool, dry place

### **COOKING ESSENTIALS: 6 lbs.**

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

### **AUXILIARY FOODS:**

Brownie & 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 & Minerals	1 year+	Cool, dark, dry place
Chocolate Chips	18 months	Cool, dry place

### **CONDIMENTS:**

BBQ Sauce	2 years	Tightly sealed, Dry
Ketchup	2 years	Tightly sealed, Dry
Mustard	2 years	Tightly sealed, Dry
Specialty Mustards	2 years	Tightly sealed, Dry