

# Basic Food Storage

Item	Number in Family	Amount Needed per Adult	Total Amount Suggested	Amount on Hand	Additional Purchases Needed
<b>Grain</b> <span style="float: right;">400 lbs</span>					
Wheat					
Flour					
Rice					
Oatmeal					
Pasta					
<b>Milk, Dry</b> <span style="float: right;">16 lbs**</span>					
Nonfat, Regular or Instant					
Canned (5 cans = 1 lb)					
<b>Sugar</b> <span style="float: right;">60 lbs</span>					
Sugar					
Honey					
<b>Salt</b> <span style="float: right;">8 lbs</span>					
Iodized Salt					
Non Iodized Salt					
<b>Fats</b> <span style="float: right;">10 qts</span>					
Shortening					
Vegetable oil (1 lb = 1/2 qt)					
<b>Legumes</b> <span style="float: right;">60 lbs</span>					
Pinto beans					
Black beans					
Red beans					
Split peas, lentils					
Kidney beans					
<b>Water***</b> <span style="float: right;">14 gals</span>					

Suggested amounts per adult for one year.  
 \*\*Provides approximately one glass of milk per day. Children, pregnant or nursing mothers will require more.  
 \*\*\*It is impractical for most families to store a year's supply of water. 14 gals/person is a suggested minimum.

Estimated Food Weights	#10 can	5 gal bucket
Wheat, White Rice, Popcorn	5.5 lbs	36 lbs
White flour, Cornmeal	4 lbs	31 lbs
Macaroni	3 lbs	20 lbs
Rolled oats	2.4 lbs	20 lbs
Dried Beans	5.3 lbs	35 lbs
White Sugar	5.6 lbs	35 lbs
Powdered Milk	3 lbs	28 lbs
Powdered Eggs	2.6 lbs	20 lbs

*How Long Will It Last?*

**30+ Years**

PASTA, PINTO BEANS,  
POTATO FLAKES, ROLLED OATS,  
SALT, SUGAR, WHEAT,  
WHITE RICE

**20 Years**

DEHYDRATED CARROTS,  
NON-FAT POWDERED MILK

**10 Years**

WHITE FLOUR

**1-2 Years**

OILS

**305 lbs of Wheat = 1 Loaf of Bread per Day for 1 Year**

**Whole Wheat Bread**

2 c wheat (3 c flour) x 365=730 c (12 c / #10 can)  
61 #10 cans white wheat

1 c water x 365 = 365 c (16 c / gal)  
23 gal of water

1 ½ tsp salt x 365=547 tsp (117 tsp/container)  
4 2/3 containers of salt

2 Tb melted shortening x 365=730 Tb (17 Tb/c, 2 ¼ c/lbs)  
19 lbs shortening

¼ c sugar x 365=91 c (2 c=1lbs)  
46 lbs of sugar or 8 ½ #10 cans

Or  
1/4 c honey=91 c (13 oz=1c=74 lbs honey)  
74 lbs honey

2 1/3 tsp yeast x 365=850.45 tsp (3 tsp = 1 Tb) = (48 Tb/lbs)  
6 lbs of yeast

Wheat	300 lbs	\$351.00
Rice	100 lbs	\$150.00
Beans	60 lbs	\$89.00
Sugar	60 lbs	\$106.00
Dry Milk	16 lbs	\$50.00
Oil/Fats	10 qt	\$22.00
Salt	8 lbs	\$5.00
Water	15 gal	\$29.00

*Prices as of Feb. 2022*

**Total Cost \$802.00**

**Winco Prices**

Bucket, 5 Gal.	5.68
Bucket Lid, 5 Gal.	1.98
Mylar 12 Pack, 5 Gal.	
Oxygen Absorbers 50 Pack	6.18
Bucket Opener	1.68
Gamma Bucket Lid, 5 Gal.	7.53
Water Jug, 5 Gal.	9.52

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