

One Month Food Storage Kit

Basic One-Month Supply for One Adult

		<u>Total Pounds</u>	<u>Best if Used By</u>
3	#10 cans wheat	17.4 lbs	20 + years
1	#10 can flour	4.8 lbs	3-5 years
2	#10 cans rice	11.4 lbs	3-4 years
1	#10 can quick oats	2.8 lbs	4-5 years
1	#10 can macaroni	3.4 lbs	6-8 years
1	#10 can pinto beans	5.0 lbs	6-8 years
1	#10 can sugar	6.1 lbs	20 + years
1	#10 can powdered milk	4.1 lbs	2-3 years
1	container cooking oil		2 years
1	canister salt		20 + years
8	plastic lids		

Basic One Month Pouch Kit

		<u>Total Pounds</u>	<u>Best if Used By</u>
2	pouches wheat	14.0 lbs	20 + years
1	pouch flour	5.5 lbs	3-5 years
1	pouches rice	6.8 lbs	3-4 years
1	pouch quick oats	3.3 lbs	4-5 years
1	pouch macaroni	4.0 lbs	6-8 years
1	pouch pinto beans	6.1 lbs	6-8 years
1	pouch sugar	7.1 lbs	20 + years
1	pouch powdered milk	5.0 lbs	2-3 years
1	container cooking oil		2 years
1	canister salt		20 + years

Store dry-pack items in cool dry location, away from sunlight or direct contact with concrete floors.