

# Basic Food Storage

Suggested amounts per adult for one year. This list may vary according to location.

Item	Number** in Family	Amount Needed per Adult	Total Amount Suggested	Amount on Hand	Additional Purchases Needed
<b>Grain</b> <span style="float: right;"><i>400 lbs.</i></span>					
Wheat					
Flour					
Rice					
Corn					
Oatmeal					
Pastas					
<b>Milk, Dry</b> <span style="float: right;"><i>16 lbs***</i></span>					
Nonfat, Regular or					
Canned (5 cans = 1 lb.)					
<b>Sugar</b> <span style="float: right;"><i>60 lbs</i></span>					
Sugar					
Honey					
<b>Salt</b>		<i>8 lbs</i>			
<b>Fats</b> <span style="float: right;"><i>10 qt.</i></span>					
Shortening					
Vegetable oil (1 lb=½)					
<b>Legumes</b> <span style="float: right;"><i>60 lbs</i></span>					
Pinto beans					
Navy beans					
Red beans					
Split peas or lentils					

Soybeans					
<b>Medical</b>					
<b>Fuel and Light</b>					
<b>Water *</b>		<i>14 gals</i>			
<p>*It is impractical for most</p> <p>**Children's % of adult</p> <p>***Provides approximately</p> <p>Adapted from: <i>Essentials of</i>  "Food Storage &amp; Children,"</p>					