PUEBLO STAKE EMERGENCY PREPAREDNESS (sample 2026 AUG 18)

Your CONGREGATION, Business or Non Profit Organization can create your own FOOD STORAGE SOUP project to ensure that:

"Soup may be a big comfort meal in times of need!"

FOOD ITEM SAFEWAY $1.34 sale	FOOD IN LB	TOTAL COST	ITEM COST	ITEM OZ	COST PER/OZ	COST PER/LB
BARLEY, pearl	6.0	$8.04	$1.34	16.0	$0.08	$1.34
BEANS, garbanzo	6.0	$8.04	$1.34	16.0	$0.08	$1.34
BEANS, kidney or red	6.0	$8.04	$1.34	16.0	$0.08	$1.34
LENTILS, any color	4.0	$5.36	$1.34	16.0	$0.08	$1.34
PEAS, split	4.0	$5.36	$1.34	16.0	$0.08	$1.34
RICE, long grain	25.0	$11.48	$11.48	400.0	$0.03	$0.46
SUB-TOTAL GRAIN		**$46.32**				
SPICES SAM'S CLUB	**SPICES OZ**	**COST**			**PER/OZ**	
BOUILLON, chicken (64oz)	81.0	$11.96	$5.98	40.5	$0.15	$2.36
PEPPER, black (6oz)	18.0	$7.98	$7.98	18.0	$0.44	$7.09
SALT, iodized (16oz)	16.0	$0.58	$0.94	26.0	$0.04	$0.58
SUB-TOTAL SPICE		**$20.52**				
SUB-TOTAL SOUP		**$66.84**				

PACKAGING NEEDS	QTY	TOTAL COST	ITEM COST
5 gallon BUCKET	2.0	$11.92	$5.96
4 gallon SPICE BUCKET	1.0	$0.00	$0.00
TABLESPOON measure	1.0	$1.25	$1.25
twist TIES & a baggie	1.0	$0.10	$0.10
DryNDry desiccant 10mg	2.0	$0.50	$0.25
PackFreshUSA 2000cc O2	2.0	$1.20	$0.60
SUB-TOTAL PACKING		**$14.97**	
TOTAL COST		**$81.81**	

For additional information, a contact sign up sheet will be availble Saturday at the Food Storage Soup sampling & demonstration table, Saturday, October 10, 2026, 10am-2 pm.
or
PuebloStake.org online

FOOD ITEM FULL BUCKETS KIT	FOOD IN LB	TOTAL COST	ITEM COST	ITEM OZ	COST PER/OZ	COST PER/LB
BARLEY, pearl	6.0	$8.04	$1.34	16.0	$0.08	$1.34
BEANS, garbanzo	6.0	$8.04	$1.34	16.0	$0.08	$1.34
BEANS, kidney or red	6.0	$8.04	$1.34	16.0	$0.08	$1.34
LENTILS, any color	4.0	$5.36	$1.34	16.0	$0.08	$1.34
PEAS, split	4.0	$5.36	$1.34	16.0	$0.08	$1.34
9LB ADDED GRAIN/BEAN KIT	9.0	$12.06	$1.34	16.0	$0.08	$1.34
RICE, long grain	25.0	$11.48	$11.48	400.0	$0.03	$0.46
RICE, long grain, MORE	10.0	$4.59	$11.48	400.0	$0.03	$0.46
SUB-TOTAL GRAIN		**$62.97**				

SPICES SAM'S CLUB	SPICES OZ	COST			PER/OZ	
BOUILLON, chicken (81oz)	81.0	$11.96	$5.98	40.5	$0.15	$2.36
PEPPER, black (12oz)	18.0	$7.98	$7.98	18.0	$0.44	$7.09
SALT, iodized (32oz)	52.0	$1.88	$0.94	26.0	$0.04	$0.58
SUB-TOTAL SPICE		**$21.82**				
SUB-TOTAL SOUP		**$84.79**				

PACKAGING NEEDS	QTY	TOTAL COST	ITEM COST
5 gallon BUCKET	2.0	$11.92	$5.96
4 gallon SPICE BUCKET	1.0	$0.00	$0.00
TABLESPOON measure	1.0	$1.25	$1.25
twist TIES & a baggie	1.0	$0.10	$0.10
DryNDry desiccant 10mg	2.0	$0.50	$0.25
PackFreshUSA 2000cc O2	2.0	$1.20	$0.60
SUB-TOTAL PACKING		**$14.97**	
TOTAL COST		**$99.76**	