

# Food Storage

SELECT A SECTION ▼

🏠 BASIC PRINCIPLES

🕒 SHORT TERM STORAGE

📅 LONG TERM STORAGE CALCULATOR

## 📅 Long Term Food Storage

### How Much Should I Store?

This calculator will help you begin to determine the **minimum** food storage amounts needed for your family. These amounts are based on recommendations listed in the LDS Church's Home Production and Storage manual.

#### # of people?

1

#### Months?

12

#### Life Style:

Live Comfortably ▼

☒ GRAINS

TOTAL: 495.0 LBS.

Type	Qty
Wheat	247.5 lbs.
Flour	41.3 lbs.
Corn Meal	41.3 lbs.

Type	Qty
Oats	41.3 lbs.
Rice	82.5 lbs.
Pasta	41.3 lbs.

☒ DAIRY

TOTAL: 140.3 LBS.

Type	Qty
Dry Milk	99.0 lbs.
Evaporated Milk	19.8 cans
Other Dairy	21.5 lbs.

☒ SUGARS

TOTAL: 99.0 LBS.

Type	Qty
Honey	4.9 lbs.
Sugar	66.0 lbs.
Brown Sugar	4.9 lbs.
Molasses	1.7 lbs.
Corn Syrup	4.9 lbs.
Jams	4.9 lbs.
Powdered Fruit Drink	9.9 lbs.
Flavored Gelatin	1.7 lbs.

☒ LEGUMES

TOTAL: 99.0 LBS.

Type	Qty
Dry Beans	49.5 lbs.
Lima Beans	8.3 lbs.
Soy Beans	16.5 lbs.
Split Peas	8.3 lbs.
Lentils	8.3 lbs.

Type	Qty
Dry Soup Mix	8.3 lbs.

☒ FRUITS

TOTAL: 305.3 LBS.

Type	Qty
Apples	66.0 lbs.
Applesauce	66.0 lbs.
Banana Chips	49.5 lbs.
Fruit Mixture	57.8 lbs.
Fruit Juices	66.0 lbs.

☒ FATS & OILS

TOTAL: 41.3 LBS.

Type	Qty
Shortening	1.7 lbs.
Vegtable Oil	1.7 gal.
Mayonaise	0.8 qts.
Salad Dressing	8.3 qts.
Peanut Butter	0.8 lbs.

☒ VEGETABLES

TOTAL: 305.3 LBS.

Type	Qty
Corn	49.5 lbs.
Peas	49.5 lbs.
Green Beans	49.5 lbs.
Carrots	49.5 lbs.
Potatoes	66.0 lbs.
Onions	8.3 lbs.
Tomatoes	33.0 lbs.

☒ COOKING ESSENTIALS

Type	Qty
Baking Powder	1.7 lbs.
Baking Soda	1.7 lbs.
Yeast	0.8 lbs.
Salt	8.3 lbs.
Vinegar	0.8 gal.

☒ WATER \*

Type	Qty
Water	46.2 gal.
Bleach	3.3 gal.

*\* It is impractical for most families to store a year's supply of water. However, at least 28 gallons per person are suggested as a two-week emergency reserve. For those who can store enough water you would need 1,201.2 gal. of water.*