

FOOD STORAGE GROUND RULES

Calculation Ground Rules:

Ground Rule #1 Treat Everyone in Your Household as an Adult

- Except for infants on milk or formula
- Count all children as an adult serving. (*More food is a good problem to have*)

Ground Rule #2 Try For a Balanced Diet

- Each meal consists of one serving of **GRAIN**, one serving of **PROTEIN**, and one serving of **VEGETABLE** or **FRUIT**.
- This isn't a perfectly balanced diet, but it's close enough.

Ground Rule #3 Use Food Labels to Count Servings

- If the product label lists half-servings, round the number down, 3.5 servings becomes 3 servings.

Ground Rule #4 One Cup Equals One Serving

- Almost all dry, bulk, dry goods (Oatmeal,, rice, beans, and grains are sold by weight instead of serving size.
- I consider one cup of reconstituted food to be my one serving. That said...

Ground Rule #5 1/3 Cup Bulk Dry Goods = 1 Cup cooked

- Bulk dry goods vary slightly
- Using this estimate you can quickly calculate how many cups of food product to meet your serving goals
- 2/3 Cup of Oatmeal = 2 Cups or 2 Servings of Grains

Ground Rule #6 Use Food Weight to Determine How Much Bulk Dry Goods You Need

- Use dry food weight to calculate your storage goals *See chart on reverse side.*

Essentially there are three categories of food you'll be storing

- 1 Freeze Dried Foods
- 2 Bulk Dry Foods (typically sold by the pound)
- 3 Food Items From the Grocery Store (typically good for 1 to 3 years)

Ground Rule #7 Don't Break the Rotation Rule

- Rotate food stock
- First in First Out
- Clearly write Expiration dates on cans with a Sharpie.
- Not breaking the rotation cycle will save you far more money than buying foods at a huge savings that you will never eat.

If you are using food storage properly, you wont have any of it in your pantry for 30 years since it will be used and replaced long before it expires! It doesn't matter if your peanut butter expires in 2 years or 30 years since you used it within a year of purchasing it.

Use Food Weight to Determine How Much Bulk Dry Goods

FOOD PRODUCT	Cup(s)	Ounces	Pounds	Pounds per 1/3 Cup
Buckwheat	1	6	0.38	0.13
Cornmeal	1	5.5	0.34	0.11
Flaxseed	1	5	0.31	0.10
Millet	1	7.25	0.45	0.15
Oats (Quick and Easy)	1	3.13	0.2	0.07
Steel Cut Oats	1	5	0.31	0.10
Polenta	1	5.75	0.36	0.12
Quinoa	1	6.25	0.39	0.13
Rice	1	7	0.43	0.14
Flour	1	4	0.25	0.08
Sugar (White)	1	7	0.44	0.15
Wheat Berries	1	6.5	0.41	0.14
Barley	1	7.5	0.47	0.16
Bulgur	1	5.38	0.34	0.11
Cracked Wheat	1	5.25	0.33	0.11
Garbanzo Beans	1	7	0.44	0.15
Black Beans	1	6	0.38	0.13
Pinto Beans	1	8.5	0.53	0.18
Lentils	1	8	0.5	0.17
Split Peas	1	8	0.5	0.17
Red Kidney Beans	1	6.25	0.39	0.13
Whole Groats	1	5.64	0.35	0.12
Whole Amaranth	1	6.81	0.43	0.14
Textured Vegetable Protein (TVP)	1	3.39	0.21	0.07

Containers, How Much Will They Hold? What Size of Oxygen Absorbers?

HOW MUCH WILL IT HOLD?						
	#10 Can		5 Gallon Bucket		6 Gallon Bucket	
	Total lbs	Oxygen Absorber cc's Needed	Total lbs	Oxygen Absorber cc's Needed	Total lbs	Oxygen Absorber cc's Needed
Brown Sugar	4.4 lbs	n/a	29 lbs	n/a	35 lbs	n/a
Cornmeal	4.25 lbs	300 cc	28 lbs	2000 cc	34 lbs	2400 cc
Dry Beans	4.6 lbs	400 cc	30 lbs	2600 cc	37 lbs	3200 cc
Lentils	5.5 lbs	400 cc	36 lbs	2600 cc	44 lbs	3200 cc
Lima Beans	5.5 lbs	400 cc	36 lbs	2600 cc	44 lbs	3200 cc
Oat Groats	4.5 lbs	300 cc	29.5 lbs	2000 cc	36 lbs	2400 cc
Quick Oats	2.3 lbs	300 cc	15 lbs	2000 cc	18 lbs	2400 cc
Split Peas	5.2 lbs	400 cc	34 lbs	2600 cc	41.5 lbs	3200 cc
Wheat	5 lbs	300 cc	33 lbs	2000 cc	40 lbs	2400 cc
White (cane) sugar	5.6 lbs	n/a	36.5 lbs	n/a	44.5 lbs	n/a
White flour	4.5 lbs	300 cc	29.5 lbs	2000 cc	36 lbs	2400 cc
White Rice	5.3 lbs	300 cc	35 lbs	2000 cc	42.5 lbs	2400 cc
Whole Wheat Flour	3.6 lbs	300 cc	23.5 lbs	2000 cc	28.5 lbs	2400 cc