

A Suggested 3-Month Food Storage Plan

(Amounts For One Adult. Multiply as needed for Family)

	Family		
	Total	Have	Need
EMERGENCY WATER (2 week supply)			
14 gallons or about 4 x 24 ct. cases of 16.9 oz.. Bottles			
GRAINS (75 lbs.)	Total	Have	Need
Wheat, hard 25 lbs. or 4 #10 LDS cans			
Flour, white 15 lbs. or 3 #10 LDS cans			
Rice, white 10 lbs. or 2 #10 LDS cans			
Oats 5 lbs. or 2 #10 LDS cans			
Spaghetti and/or Macaroni 4 lbs. or 1 #10 LDS can			
Pasta, other 4 lbs.			
Corn meal or Masa Harina 1 lb.			
Pancake Mix 2 lb.			
Cold or Instant Cereal (opt.) 6 boxes or 6 lbs.			
SUGAR (15 lbs.)	Total	Have	Need
Sugar, white 10 lbs. or 2 #10 LDS cans			
Sugar, brown 2 lb.			
Sugar, powdered 1 lb.			
Honey 2 lb.			
Corn syrup 4 oz.			
Jam/Jellies 32 oz.			
Jello 6 oz.			
Pudding 6 oz.			
Pancake syrup 32 oz.			
MILK (4 lbs.)	Total	Have	Need
Milk, Nonfat dry 4 lbs. or 1 #10 LDS can			
Evaporated 12 oz. can			
OILS/FATS (6 lbs.)	Total	Have	Need
Cooking oil 3 lbs. or 48 oz.			
Olive oil (shorter shelf life) 8 oz.			
Shortening or powder 1 lb.			
Mayonnaise/Salad dressing 16 oz.			
Peanut or Almond Butter 32 oz.			
Butter, canned 12 oz.			
MEATS (24 lbs.)	Total	Have	Need
Chicken or Turkey 12 - 12 oz. cans			
Beef, Ham, Pork or Spam 12 - 12 oz. cans			
Tuna or Salmon 12 - 6 oz. cans			
TVP, various 2.5 lb. or 40 oz can			
BEANS/LEGUMES (15 lbs.)	Total	Have	Need
Dry Beans, lentils, etc. 5 lbs. or 1#10 LDS can			
Various canned beans 12 - 15 oz. cans			

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FRUIT			
Apple slices 1/4 #10 LDS can			
Applesauce 45 oz. or 3 cans			
Banana chips (opt.) 1/4 #10 can			
Fruit, various etc. 12 - 15 oz. cans			
Raisins or other dried fruit 16 oz.			
VEGETABLES	Total	Have	Need
Vegetables 12 - 15 oz. cans			
Potatoes flakes 4 lbs. or 2 #10 LDS can			
Green chilies or mushrooms 2 - 4 oz. cans			
Pumpkin 15 oz. can			
Yams 15 oz. can			
Salsa 24 oz.			
Tomatoes, various canned 6 - 15 oz. cans			
Tomato sauce 12 - 8 oz. cans			
Tomato paste 6 - 6 oz. cans			
Spaghetti sauce 26 oz.			
BAKING ITEMS/SPICES	Total	Have	Need
Baking powder 5 oz.			
Baking soda 4 oz.			
Salt 8 oz.			
Yeast 4 oz.			
Dough enhancer (opt.) 5.25 oz.			
Gluten flour (opt.) 6 oz.			
Eggs, powdered 1/4 #10 can			
Baking cocoa 5 oz.			
Cornstarch 4 oz.			
Lemon juice 4 oz.			
Vinegar 8 oz.			
Bouillon, chicken/beef 4 oz.			
Vanilla 4 oz.			
Spices, various varies			
Chocolate/Baking chips 12 oz. pkg.			
Onions, dry 4 oz.			
Cooking spray 4 oz.			
Muffin or Corn muffin Mix 1 box			
Brownie mix 1 box			
Cake mix 1 box			
Frosting, prepared 1 cntr.			
Stuffing Mix 1 box			
Potatoes, Scalloped/AuG 2 box			
BEVERAGES	Total	Have	Need
Fruit drink mix or Tang 1.5 lbs. or 1/4 #10 LDS can			
Hot cocoa 1.5 lbs. or 1/4 #10 LDS can			
Apple/Fruit Juice 3 - 64 oz.			

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CONDIMENTS			
BBQ sauce	8 oz.		
Ketchup	5 oz.		
Mustard	3 oz.		
Steak sauce	4 oz.		
Chocolate Syrup	6 oz.		
Parmesan Cheese	2 oz.		
Olives	1 can		
Salad dressings, various	16 oz.		
Soy sauce	4 oz.		
Teriyaki sauce	4 oz.		
Worcestershire sauce	4 oz.		
SOUPS/MEALS			
Broth, canned	3 – 14.5 oz.		
Macaroni & Cheese	2 boxes		
Ramen noodles	12 pkgs.		
Soup or Chili	6 cans		
Stew or Pasta	6 cans		
Soup, Tomato or other	3 cans		
Soup, cream of mush/chick.	4 cans		
SNACKS			
Food bars	24 ea.		
Crackers	3 boxes		
Chips, pretzels, etc.	2 bag		
Popcorn	1 lb. or 6 microwave		
Fruit or applesauce cups	12 - 4 or 6 pk		
Candy	1 lb		
VITAMINS			
Multi-vitamin	90 ct.		
INFANTS (adjust as infant ages)			
Baby Food	varies		
Formula	varies		
Diapers	varies		
Baby Wipes	varies		
PETS			
Pet Food	varies		
Pet Water (14 days)	varies		

	Family		
	Total	Have	Need
TOILETRIES			
Bar or liquid bath soap	3 ea.		
Toilet paper rolls	12 ea.		
Facial tissue	1 ea.		
Feminine items	varies		
Deodorant/antiperspirant	2 ea.		
Razors	3 ea.		
Shampoo & Conditioner	3 - 16 oz.		
Dental Floss	3 ea.		
Toothpaste	1.5 tubes		
Toothbrush	1 ea.		
Lotion	1 - 16 oz.		
Sunscreen	1 - 16 oz.		
PAPER/PLASTICS (emergency use)			
Paper towels	1 roll		
Paper plates	200 ct.		
Paper bowls	90 ct.		
Paper cups	90 ct.		
Napkins	90 ct.		
Plastic forks, knives, spoons	90 ct.		
Plastic trash bags, 13 gal	90 ct.		
Plastic trash bags, large	25 ct.		
CLEANING PRODUCTS			
Laundry detergent	90 use		
Bleach, liquid (unscented)	1 gal.		
Dish soap, liquid	16 oz.		
Disinfectant (like Lysol)	16 oz.		
Cleanser (like Comet)	1 ea.		

Disclaimer: These are suggested amounts only. This list includes long-term foods to help you get used to using them. The needs of your family could vary greatly as well as your food allergies and medical needs. Please use this only as a guide. You may divide adult amounts in half for small children or count them as adults. *Do Not* divide water amounts for children. Never ration water.

#10 LDS can = These items may be purchased and canned at an LDS Home Storage Center.
Go to ProvidentLiving.org for addresses.