

## BASIC FOOD STORAGE WORKSHEET

Basic storage is the foundation of any good food storage program. It is composed of life-sustaining foods that store well for long periods. A year's supply of garden seeds for planting should be stored so that the diet may be supplemented with fresh vegetables. Where garden space is limited, a multiple vitamin pill should also be stored for daily use by each person during long periods of emergency. Vitamins deteriorate over time and should be replaced periodically.

The following recommendations are estimated for an average adult and supply 2300 calories per day for 1 year. Amounts for children are a percentage of the adult portion and can be estimated as follows: age 3 and under - 50%; ages 4 to 6 - 70%; ages 7 to 10 - 90%; ages 11 and up - 100%.<sup>1</sup> Instructions for using the worksheet are below.

GRAINS 300 pounds/person

	GOAL	HAVE	NEED
Wheat			
Flour			
Spelt			
Kamut			
Triticale			
Rye			
Pancake mix			
Brown rice			
White rice			
Oatmeal			
Oat groats			
Corn			
Cornmeal			
Masa harina			
Popcorn			
Millet			
Barley			

<sup>1</sup> Franz, Kay B. "Food Storage and Children," *Ensign*, March 1998, p. 71.

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	GOAL	HAVE	NEED
Buckwheat			
Quinoa			
Teff			
Amaranth			
Pasta			
Couscous			
Crackers			
Cooked cereals			
Other			
TOTAL			

MILK 75 pounds/person (50 pounds makes 50 gallons)

GOAL:            HAVE:            NEED:

SUGAR, HONEY, & SWEETENERS 60 pounds/person

	GOAL	HAVE	NEED
White sugar			
Brown sugar			
Powdered sugar			
Honey			
Molasses			
Corn syrup			
Pancake syrup			
Jam			
Jelly			
TOTAL			

SALT 5 pounds/person (1 round box = 26 ounces)

GOAL:            HAVE:            NEED:

FATS 20 pounds/person

	GOAL	HAVE	NEED
Oil			
Shortening			
Dry margarine or butter			
Salad dressing			
Miracle Whip			
Mayonnaise			
TOTAL			

DRIED LEGUMES 60 pounds/person

	GOAL	HAVE	NEED
Pinto beans			
Kidney beans			
White beans			
Garbanzo beans			
Lima beans			
Black beans			
Pink beans			
Blackeye peas			
Soybeans			
Lentils			
Split peas			
Fifteen bean mix			
Refried beans /3			
Canned beans /3			
Chili with beans /3			
Peanut butter			
Other			
TOTAL			

## INSTRUCTIONS FOR USING THE BASIC FOOD STORAGE WORKSHEET

1. Use the recommended amount at the top of each section to determine the total goal amount. Multiply the recommended amount by the number of persons in the family. For example, to determine the total goal amount for grains for a family of 5, multiply 300 pounds by 5 for a goal of 1500 pounds of grains. Enter this number in the GOAL column TOTAL line.
2. Determine how much of each different item you wish to have in order to meet the desired total goal and enter it in the GOAL column on the appropriate line. The Basic Foods Weight and Volume Equivalents chart on pages 73-76, can help you figure a minimum amount of specific foods based on your current usage.
3. Inventory your food storage and enter the amounts on the appropriate lines in the HAVE column.
4. Subtract the amount in the HAVE column from the amount in the GOAL column for each line to determine the amount still needed and enter it in the NEED column.
5. Make a plan for acquiring items in the NEED column in a specific amount of time.

### GRAINS

Whole grains provide fiber, vitamins, and trace minerals, including iron, which are not always found in processed or refined grains. When grains are a major part of the diet, eating whole instead of refined grains will make a difference nutritionally. Whole grains can also be sprouted. Therefore, at least sixty-five percent of the grains should be whole grains. The remaining thirty-five percent can be processed or refined grains and grain products, if desired, but any whole grain that is altered has a shorter shelf life.

### MILK

This is the most expensive part of food storage, but it does have a 20-year shelf life when stored relatively cool and oxygen free. Because it is expensive, you may not feel comfortable storing 75 pounds per person. Store one pound of milk for every gallon of milk you use in a week and multiply by 52. For example, if your family drinks 4 gallons of milk a week, store 208 lbs. of milk for a year's supply. Studies have shown that as little as 16 pounds of milk can be stored and used if 400 pounds of grains are stored and used. One caution if you decide to store 16 pounds per person: 16 pounds of milk provides only about 1 cup of milk per day which is not enough for growing children or pregnant or nursing women.

### SALT

At least half of the salt stored should be iodized.

Canning or pickling salt contains none of the additives found in table salt that keep it free flowing. It is better for canning and pickling since it produces a clear rather than a cloudy liquid.

Use the following chart to determine how many 26-ounce round boxes of salt to store:

<u># people</u>	<u># boxes</u>
1	3
2	7
3	10
4	13
5	16
6	19
7	22
8	25

## LEGUMES

Because dry beans approximately triple when cooked, one pound of cooked or canned beans does not equal one pound of dry beans. Instead, one pound of canned beans equals about one third pound of dry beans. When figuring amounts of canned beans into the total, this must be considered. Therefore, /3 (divided by 3) is on the worksheet to remind you that you must divide by three to determine how many pounds of dry beans you really have.

NOTE: Variety need not be limited to what is on the worksheet. If other items fit into any of the categories, add them to the list. Remember to store what you and your family will eat. Eat what you store and store what you eat. If you do not use something from your storage every day, you are storing the wrong things.

When basic storage is becoming complete, start on expanded storage. Expanded storage would include foods that supply total nutritional needs, add variety, and allow for personal preferences. This would include items normally used each day, such as baking powder, spices, and canned fruits and vegetables. It is wise to first obtain fruits and vegetables high in vitamins A and C and food items that make the basics more versatile. Each person should have a minimum of 2-1/2 cups of fruits and vegetables each day. As much as 5 cups is better.

### VITAMIN A

Tomatoes  
Tomato soup  
Tomato juice  
Tomato sauce  
Tomato paste  
Spinach and other greens  
Yams  
Vegetable soup  
Carrots  
Apricots  
Pumpkin  
Mixed vegetables  
Peas (not dried)  
Squash  
Peaches

### VITAMIN C

Tomatoes  
Tomato soup  
Tomato juice  
Tomato sauce  
Tomato paste  
Spinach and other greens  
Sweet potatoes  
Orange breakfast drink  
Orange juice  
Enriched juices  
Mandarin oranges  
Pineapple  
Pineapple juice  
Grapefruit  
Peppers

Recommendations for the amounts of basic foods to store are based on information from *Essentials of Home Production and Storage* published by The Church of Jesus Christ of Latter-day Saints.

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