

A MONTH'S SUPPLY

Based on suggested amounts in *Essentials of Home Production and Storage*,¹ a month's supply of food for one person would consist of the following:

Grains	25 pounds
Powdered milk	6.25 pounds
Sugar or honey	5 pounds
Salt	1/4 box
Fats and oils	1-2/3 pounds
Legumes	5 pounds

A suggested month's supply of food for one person could consist of the following foods:

One case of #10 cans and pouches* that includes:

- 2 cans wheat (11 pounds)
- 1 can rice (about 5 pounds)
- 1 can regular rolled oats (about 3 pounds)
- 3 pouches non-instant non-fat dry milk (about 5 pounds)
- 1 can dry beans (5 pounds)

- 5-pound bag flour
- 4- or 5-pound bag sugar
- 26-ounce box salt
- 32-ounce bottle oil

ESTIMATED COST: \$40 +

"It is...necessary that each home and family do what they can to assume the responsibility for their own hour of need. If we do not have the resources to acquire a year's supply, then we can strive to begin with having one month's supply."

--James E. Faust

("The Responsibility for Welfare Rests with Me and My Family," *Ensign*, May 1986, p. 22)

¹ *Essentials of Home Production and Storage* published by The Church of Jesus Christ of Latter-day Saints. 1978

* If a Home Storage Center is unavailable or you choose not to purchase items online, purchase the equivalent amount and store using the methods on pages 30 and 31.