

THREE-MONTH SUPPLY WORKSHEET

“Build a small supply of food that is part of your normal, daily diet. One way to do this is to purchase a few extra items each week to build a one-week supply of food. Then you can gradually increase your supply until it is sufficient for three months. These items should be rotated regularly to avoid spoilage.” (*All is Safely Gathered In: Family Home Storage*)

The recommendations from the USDA MyPlate program provide a well-balanced nutritious diet. The minimum recommendations provide 1600 calories per day but some individuals, such as active teenage boys and those who participate in regular physical labor, need more. The following worksheet lists recommendations for three months based on MyPlate for both a 1600 calorie diet and a 2400 calorie diet. Choose one or both when planning for members of a household of mixed ages and genders. Instructions can be found at the end.

GRAINS

	1600 calories/ day	#	Total A	2400 calories/day	#	Total B	A+B	Inventory	Needed
Oatmeal	3-18 oz. boxes or 3.33 lbs.			6-18 oz. boxes or 6.75 lbs.					
Rice (any kind)	3 lbs.			6 lbs.					
Pasta (any kind)	60 oz. or 3.75 lbs.			180 oz. or 11.25 lbs.					
Flour	15 lbs.			15 lbs.					
Popcorn	3 lbs.			6 lbs.					
Other									

DAIRY

	1600 calories/ day	#	Total A	2400 calories/day	#	Total B	A+B	Inventory	Needed
Velveeta or canned cheese	6 lbs.			6 lbs.					
Evaporated milk	12-12 oz.			12-12 oz.					
Powdered milk (to make 48 quarts)	9.6 lbs.			9.6 lbs.					

VEGETABLES

	1600 calories/ day	#	Total A	2400 calories/day	#	Total B	A+B	Inventory	Needed
	102 (15 oz.) cans			153 (15 oz.) cans					
Beets									
Carrots									
Chinese vegetables									
Corn									
Creamed corn									
Greens									
Green beans									
Green chilies									
Mixed vegetables									
Mushrooms									
Peas									
Peas and carrots									
Potatoes									
Pumpkin									
Roasted peppers									
Sauerkraut									
Spaghetti sauce									
Spinach									
Squash									
Sweet potatoes									
Tomatoes									
Tomato paste									
Tomato sauce									
Tomato soup									
Tomatoes and okra									
Tomatoes and zucchini									

Vegetable juice									
Vegetable soup									
Other									
	(Total)			(Total)					

FRUIT

	1600 calories/ day	#	Total A	2400 calories/day	#	Total B	A+B	Inventory	Needed
	78 (15 oz.) cans			102 (15 oz.) cans					
Applesauce									
Apricots									
Berries									
Fruit cocktail									
Fruit juice									
Mandarin oranges									
Peaches									
Pears									
Pineapple									
Plums									
Tropical fruit									
Other									
	(Total)			(Total)					

PROTEIN

	1600 calories/ day	#	Total A	2400 calories/day	#	Total B	A+B	Inventory	Needed
Meat and fish	36 (5 oz.) cans			42 (5 oz.) cans					
Beef									
Chicken									
Turkey									

Ham								
Tuna								
Salmon								
Crab								
Chili								
	(Total)			(Total)				
Peanut butter	3 (18 oz.) jars			3-18 oz. jars				
Canned dry beans (any kind)	24 (15 oz.) cans			39 (15 oz.) cans				

ADDITIONAL FOODS

	Recommended per person	# people	Total	Inventory	Needed
Sugars	15 lbs.				
White					
Brown					
Powdered					
Corn syrup					
Molasses					
Honey					
Pancake syrup					
Jam/jelly					
	(Total)				
Shortening	3 lb. can				
Oil (any kind)	32 oz.				
Salt	1 round box				
Baking powder	1 small can				
Baking soda	1 small box				
Cocoa powder					
Chocolate chips					

Yeast	1 jar				
Nuts					
Herbs and spices					
Dried onion					
Bouillon					
Mustard					
Ketchup					
Vinegar					
Gelatin					
Canned stew					
Broth					
Condensed soups					
Other					

Herbs	Spices	Condensed Soups

Instructions for Three-Month Supply Worksheet

1. Determine which diet each member of your family should have.
2. Enter the number of individuals who need the 1600 calorie diet in the 3rd column from the left (marked “#”) and the number of individuals who will need the 2400 calorie diet in the 6th column (marked “#”). Use these numbers in the same way when planning for each food group until the table for “Additional Foods” is arrived at.
3. Multiply the recommended amount of food by the number (#) of individuals to get a total in the 4th and 7th columns (Total A and Total B).
4. Add “Total A” and “Total B” and enter the number in the 8th column (A+B).
5. Take an inventory of existing supplies and enter in the “Inventory” column.
6. Subtract the “Inventory” from “A+B” and enter the final number in the “Needed” column.
7. Make a plan to acquire all needed items within a specific amount of time.

GRAINS

- Other cooked cereals may be substituted for some or all of the oatmeal.
- Barley may be substituted for some of the rice.
- Cornmeal may be substituted for some of the flour.

DAIRY

- Milk powder to make 4 quarts may be substituted for 2 pounds of cheese; 8 quarts for 4 pounds; 12 quarts for 6 pounds.
- Evaporated milk may be whole, low-fat or skim.
- Powdered milk may be instant or non-instant.

VEGETABLES

- Two 15-ounce cans are equal to one 29-ounce can.
- Fifteen ounces of vegetable juice is equal to 15 ounces of vegetables. Figure equivalents based on juice bottle volume.
- One 10-3/4 ounce can of condensed vegetable or tomato soup is equal to one 15-ounce can of vegetables.

- Not all vegetables come in 15-ounce (approximately) cans. Adjust accordingly. Examples: 3 10-ounce cans equal 2 15-ounce cans; 4 4-ounce cans equal 1 15-ounce can; 2 7-ounce cans equal 1 15-ounce can.
- The recommendations are for total number of cans regardless of what is in them.
- Choose which vegetables to store and how many cans of each. Then check to make sure there are enough by totaling the number of cans. Adjust, if necessary.

FRUITS

- Two 15-ounce cans are equal to one 29-ounce can.
- Fifteen ounces of fruit juice is equal to 15 ounces of fruit. Figure equivalents based on juice bottle volume.
- The recommendations are for total number of cans regardless of what is in them.
- Choose which fruits to store and how many cans of each. Then check to make sure there are enough by totaling the number of cans. Adjust, if necessary.
- 1 cup of dried fruit may be substituted for one 15-ounce can of fruit.

PROTEINS

- Choose which meats to store and how many cans of each. Then check to make sure there are enough by totaling the number of cans. Adjust, if necessary.
- One 10 or 12-ounce can of meat equals 2 5-ounce cans.
- One 15-ounce can of chili is equivalent to three 5-ounce cans of meat.
- One pound of dry beans may be substituted for three 15-ounce cans.

ADDITIONAL FOODS

- Recommendations made are based on those in *Essentials of Home Production and Storage* (published by The Church of Jesus Christ of Latter-day Saints), available container sizes, and experience since MyPlate does not make specific recommendations for these food items. Recommendations should be multiplied by the total number of people regardless of calorie needs.
- Additional oil can be stored instead of shortening.
- Record specific herbs, spices, and condensed soups on the supplemental lists.