DETERMINING FOOD STORAGE USING PREPACKAGED HOME STORAGE CENTER PRODUCTS

If you use prepackaged foods from the home storage center, there is a formula you can use to determine how much to purchase for a one-year supply.

Multiply the number of family members by 2 to get the number of cases (box of 6 #10 cans or 12 pouches of milk) of main food staples (wheat, rice, etc.); then double either rice or wheat.

family members x 2 = # cases of food staples; then **double** wheat or rice

Example for 1 person:

White rice	2 cases (64.8 lbs.)
Macaroni	2 cases (36 lbs.)
Rolled oats	2 cases (33.6 lbs.)
Wheat	**4 cases (**132 lbs.) [a combination of both red and white wheat is recommended]
Beans	2 cases (63.6 lbs.) [split between 2 or 3 kinds of beans]
Sugar	2 cases (67.2 lbs.)
Milk	2 cases (40.5 lbs.)

The recommended 300 lbs. of grains per adult can be reached more closely by adding 2 cases of quick oats (28.8 lbs.), regular oats (33.6 lbs.) or spaghetti bites (32.4 lbs.) or by adding 1 case of wheat (33 lbs.), 1 case of white flour (24 lbs.), or 1 case of white rice (32.4 lbs.) to the total above (which is about 266 lbs.). The beans and sugar slightly exceed the recommended amounts of 60 lbs. each. The amount of milk is sufficient unless you want to make yogurt or cheese, or you drink a lot of milk. Three cases (or 60.75 lbs.) would be even better.

Add salt (5 to 8 lbs.) and fats (20 lbs. or 10 quarts).
Add dried carrots for shorter term.
Add dried apples, potato flakes, freeze-dried strawberries, and dried onions for long term.

If you are not storing any other fruits and vegetables, use the same formula as above to determine how many cases of apples, potato flakes, strawberries, onions, and carrots to purchase. If you don't want 2 cases of each, then substitute one of the other fruits/vegetables. As long as you have 10 cases of fruits and vegetables per person, you can decide what combination works best for you and your family.

Note: The above formula is based on one previously found on www.providentliving.org.