One Year Supply of Basic Foods plus 6 Months of Fruit and Vegetables
From the Home Storage Center
For 1 Adult

Pick two cases each month

	Item	Case of	Weight/lbs	Online price	HSC price
300 pounds of grains recommended					
☐	white flour	6	24.00	$ 40.00	$ 40.02
☐	macaroni	6	18.00	$ 37.00	$ 37.02
☐	quick oats	6	14.40	$ 40.00	$ 40.02
☐	quick oats	6	14.40	$ 40.00	$ 40.02
☐	regular oats	6	16.80	$ 43.00	$ 43.02
☐	white rice	6	32.40	$ 52.00	$ 52.02
☐	white rice	6	32.40	$ 52.00	$ 52.02
☐	spaghetti bites	6	16.20	$ 36.00	$ 36.00
☐	red wheat	6	33.00	$ 42.00	$ 42.00
☐	red wheat	6	33.00	$ 42.00	$ 42.00
☐	white wheat	6	33.00	$ 44.00	$ 43.98
☐	white wheat	6	33.00	$ 44.00	$ 43.98
Total			300.60	$ 512.00	$ 512.10
60 pounds of sugar recommended					
☐	white sugar	6	33.60	$ 60.00	$ 60.00
☐	white sugar	6	33.60	$ 60.00	$ 60.00
Total			67.20	$ 120.00	$ 120.00
60 pounds dry milk recommended					
☐	Dry milk	12	20.25	$ 83.00	$ 83.04
☐	Dry milk	12	20.25	$ 83.00	$ 83.04
☐	Dry milk	12	20.25	$ 83.00	$ 83.04
Total			60.75	$ 249.00	$ 249.12
60 pounds beans recommended					
☐	Black beans	6	33.00	$ 59.00	$ 58.98
☐	Pinto beans	6	31.20	$ 53.00	$ 52.98
Total			64.20	$ 112.00	$ 111.96
☐	**Fats** - 20 lbs or 10 quarts				
☐	**Salt** - 5 to 8 lbs				
Total for Basic Foods				$ 993.00	$ 993.18

Fruits and Vegetables

☐	Dried apples	6	6.00	$	80.00	$	79.98
☐	Dried carrots	6	12.60	$	63.00	$	63.00
☐	Potato flakes	6	10.80	$	52.00	$	52.02
☐	FD strawberries	6	2.40	$	84.00	$	84.00
☐	Dried onions	6	12.60	$	60.00	$	60.00
Total			44.40	$	339.00	$	339.00

Total for a one year supply of basic foods + 6 months of fruits and vegetables

				$	1,332.00	$	1,332.18
	Average per month			$	111.00	$	111.02

add up to $36 shipping for online orders

Based on 2026 prices