

Suggested Amounts of Basic Foods for Home Storage
Per adult for one year
This list may vary according to location.

Grains	400 lbs
Legumes	60 lbs
Powdered Milk	16 lbs (This gives you one cup of milk per day)
Cooking Oil	10 quarts
Sugar or Honey	60 lbs
Salt	8 lbs (This is 5 regular salt containers from the store.)
Water (2 weeks)	14 gallons (This is an emergency supply for 2 weeks.)

See next page for more explanation and a smaller breakdown.

What Kind of Food Should I Store?

These items will sustain your life and give you the nutrients you will need to survive, if this is all you had to eat. Canned vegetables, fruits and other things you normally eat will add variety and comfort to you in times of emergency or need. But the following list should be your first priority to have on hand. These are the items recommended by President Hinckley in his letter on Food Storage dated January 20, 2002. He suggested a one year supply, but this has been broken down to a one month supply for one person for your convenience.

This is a 1 Month Basic Emergency Supply for One Person

Food	Amount Per Person	More on why you need it!
Grains	34 pounds	Wheat, white rice, brown rice, oatmeal, corn (for making cornmeal), popcorn, cream of wheat, white flour, pasta, grits, millet, barley, 6-grain cereal, 9-grain cereal, quinoa, spelt, buckwheat, kamut, amaranth, etc. are all part of this category. Choose a variety of grains that your family likes or that you would like to start cooking with. Variety is the key to a good food storage supply!
Legumes	5 pounds	Legumes are beans and peas. Pinto beans, red beans, lima beans, green split peas, lentils, kidney beans, black beans, soy beans, white beans...and the list goes on. Beans are extremely nutritious and contain a protein content of 20-25%, except soy beans, which contain as much as 40% protein. That is more than some meats!!! When you combine a grain with a legume, your meal will provide a complete protein , which is necessary in good nutrition (especially if meat is not available). Examples of meals that are a complete protein are Beans and Rice, Chili and Cornbread, Bean Soup and Wheat Bread, and Corn Tortilla Chips with Refried Beans.
Powdered Milk	1.5 pounds	This only gives you one cup of milk a day, so you will want more for children or nursing mothers, or to use in cooking. Milk contains calcium and is also a good source of vitamin A.
Cooking Oil	1 quart	Oil (fat) is absolutely necessary in our diet to supply energy and to provide us with the important fat soluble vitamins A, D, E and K, and the essential fatty acid, lanolic acid. Most Americans eat entirely too much fat on a daily basis, but a little is absolutely necessary for good health.
Sugar/Honey	5 pounds	Don't forget the sweets! If you have sweeteners, you are able to do so much more with basic food items! Honey, white sugar, brown sugar, powdered sugar, molasses, and corn syrup are included in sweeteners. You can even count a little jelly and jam here too!
Salt	1 salt container (26 oz)	Salt is important in flavoring almost all foods. Iodized salt is recommended. Sea Salt and Kosher Salt are also available. I believe that variety is the spice of life!! Consider storing other spices that really add some zip to basic foods – pepper, cinnamon, chili powder, taco seasoning, Italian spices, garlic, etc.
Sprouting Seeds	½ - 1 pound	You can sprout almost any edible grain, nut, bean or seed. Sprouting increases the nutritional value of foods. It is a good way to increase the amounts of vitamins and minerals we intake if our diet is limited to a few foods, and especially if fresh fruits and vegetables are not available. Alfalfa is the most popular. *Note: This item is not listed in Pres. Hinckley's letter, but it is worth considering if all you have stored are dried foods.
Water	14 gallons emergency supply per person	Don't forget to store water! This is part of the very basics! You should have at least 14 gallons of water per person as a two week emergency supply. It is suggested that you drink 2 quarts a day and save the other 2 quarts for food preparation and cleaning. It would be better to store more than 14 gallons per person, but make sure you have at least that much!

For more information, look at all of the helpful information at ProvidentLiving.org

People often ask what's next after the basics listed above?

Here is a suggestion according to counsel we have been given by church leaders, in my own words and understanding. You will most likely have different needs and opinions according to your family circumstances, but hopefully this will help spark some ideas that will help you on your way to better preparedness.

WATER

Make sure you have WATER STORAGE first! You can have a year supply of the best food, but it's not going to do you much good in emergency situations if you don't have any water to go along with it! It is recommended that you have 14 gallons per person. This is a 2 week emergency supply. It's as easy as storing water in 2 liter soda pop bottles. You can put a few drops of bleach in them, or use other forms of purification. There's plenty of info out there on the internet for you to read about that.

3 MONTH SUPPLY

It is actually recommended that you first have a 3 month supply of food that you are accustomed to eating every day. This could/should include a 3 month supply of the foods listed above in the chart, plus other canned goods and items that you normally eat. You want to have on your shelves a well rounded 3 month supply of food. (For me, that means it has to have some chocolate! ☺ Chocolate Pudding, Hot Chocolate, Chocolate Chips, Chocolate Cake Mix, Brownie Mix, Cocoa Powder, etc. Don't forget your chocolate! Ha ha!) Then start working on a more complete one year supply. Growing a garden and canning the produce is the best and least inexpensive way to get a lot of good food in your pantry!

AFTER THE 3 MONTH SUPPLY AND BASIC FOODS FROM THE CHART, THEN WHAT?

It really depends on you and how you cook, what you like, and what you already have stored on your shelves, but here's a few items that are next on my priority list:

Baking Powder

Baking Soda

Yeast

Bouillon (Chicken, Beef, Vegetable)

Powdered Eggs (Whole Eggs, Ova Easy Eggs, Egg Whites, Egg Mix, etc)

Spices (Cinnamon, Taco Seasoning, Pepper, Chili Powder, Garlic, Cumin, etc...)

Freeze Dried Fruits and Vegetables (they last long and store well, taste good and look good)

Butter Powder (you can make white sauces and use in baking)

Dried Potatoes (Dices, Slices, Hashbrowns, Flakes, Potato Pearls, etc)

Cheese Powder, Freeze Dried Cheese

Canned Tomatoes, Tomato Powder

Beef TVP, Bakon Crumbles TVP, Ham TVP – those are my favorites and you can do a lot with them.

Soup Bases and Dry Mixes

Dry Onions

Refried Beans (dried – they are the yummiest refried beans! Better than canned ones from the store!)

And the list can go on and on. But if you have the basic foods listed in the chart on the previous page, canned goods and items that you are used to eating, and the next priority items I just listed, you will have good variety of food that you can really cook with and enjoy. And it will be nutritious and sustain you and comfort you in a crisis or emergency situation. One time our crisis was a frozen well pump with a husband in the shower all soaped up when the water stopped – my water storage came to the rescue! Once it was an ice storm that knocked out power for 4 days. One time it was unemployment for a few months. I've had friends who have had health problems or accidents and couldn't work for a while, or unexpected expenses which drained the grocery budget, or a death in the family which changed the breadwinner. Life happens, but if we are prepared, we shall not fear...because we will have what we need, and we will have the blessings of being obedient to the counsel we have been given. May the Lord bless you all in your family preparedness efforts! Melissa ☺

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