

AN APPROACH TO LONGER-TERM FOOD STORAGE

<https://ndfs.byu.edu/Research/LongTermFoodStorageResearch/AnApproachtoLonger-TermFoodStorage.aspx>

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*This is a sample approach to storing food that provides adequate calories (2000-2400) and protein for an adult for one year. However, there are many possible scenarios. **The kinds and amounts of food stored should be adjusted based on personal needs and preferences, and by experimenting with recipes.***

- Water is a critical storage item. A common recommendation is to store 14 gallons per person for a two week supply and to rotate the water periodically. Because it is difficult to store large amounts, a means of water purification is needed.
- Shelf-life: Long-term food items (most packaged in low oxygen) will generally have an acceptable taste for at least 30 years (except as noted) when stored at room temperature or below (but not freezing); however, some nutritional losses will occur. Foods stored at higher temperatures (e.g., in attics, garages) will have a much shorter shelf-life.
- Short-term food items that must be rotated faster than used could be donated to a food bank before their expiration date.
- Bolded items are available at LDS Church Home Storage Centers and through the on-line store at store.lds.org. (Approximate weights are calculated from weights listed under "Prepackaged Items" shown on the "Home Storage Center Order Form.")

Long-term food items – at least 30 year shelf-life	per person amount per year	# cases (6 cans per case)	approx. weight (lbs)
<i>Grains (types are interchangeable based on individual preferences, e.g., 1 case of rice for 1 case of wheat)</i>			
Wheat	24 #10 cans	4	132
Rice, white	12 #10 cans	2	65
Oats, rolled	12 #10 cans	2	29
Pasta (Macaroni or Spaghetti)	6 #10 cans	1	21
Legumes (Beans , Split Peas, Lentils)	12 #10 cans	2	62
Milk, nonfat dry (15 year shelf-life)	12 #10 cans	2	49 (or 28 pouches)
Sugar (or other sweeteners—see below)	12 #10 cans	2	70
Apple Slices, dried	6 #10 cans	1	6
Potato Flakes	12 #10 cans	2	22
Carrots, dried (10 year shelf-life)	3 #10 cans	-	8
Onions, dried	1 #10 can	-	2
Salt, iodized	8 lbs		
Baking soda (for baking and to soften old beans)	1 lb		
Baking powder	4 lbs		
Vitamin C tablets (@ 90 mg)	365 tablets		

Short-term food items	approx. unopened shelf-life (years)	per person amount per year
<i>Fats and Oils (types are interchangeable based on individual preferences; storing a variety of fats/oils helps with rotation)</i>		
Cooking/Salad Oils (e.g., soy, olive)	1+	2 gallons
Shortening/Frying Oils	1+	3 cans @ 3 lbs
Butter/Margarine (stored in freezer)	1	6 lbs
Mayonnaise/Salad Dressings	1	3 quarts
Peanut Butter/other butters	1+	6 lbs
Fruit Drink Mix (or bottled multivitamins)	2	3 #10 cans (or 8 pouches)
Spices/Flavorings/Bouillon/Condiments	2+	-
Eggs, dried (for baking, not frying)	3+	2 #10 cans
Yeast	5+	2 lbs

Other sweeteners (e.g., honey, molasses, brown sugar, jams, jellies, syrups)

Storing other canned or dried fruits, vegetables, meats, etc. will increase variety and nutritional value

Nonfood items

- Can opener
- Grain grinder
- Recipes – that use only stored ingredients