

MINIMUM YEAR SUPPLY REQUIREMENTS PER ADULT

<i>Necessities</i>		<i>Supplements</i>	
Grains	300 lbs	Fruits	90 lbs
Legumes	60 lbs	Vegetables	90 lbs
Powdered Milk	16 lbs	Cooking Supplements	6 lbs
Cooking Oil	25 lbs	Meats/Meat Substitutes	20 lbs
Sugar or Honey	60 lbs	Auxiliary Foods	-
Salt (iodized)	8 lbs	Condiments	-
Water (2 weeks)	14 gal		

GRAINS (300 lbs)	
Food Storage Item	Shelf Life
Cereal	2-3 years
Cornmeal	30 years+
White Flour*	10 years
Mixes (pancake, muffin, etc.)*	2 years
Oats*	30 years+
Pasta*	30 years+
Rice*	30 years+
Hard White/Red Wheat*	30 years+

LEGUMES/BEANS (60 lbs)	
Food Storage Item	Shelf Life
White/Black Beans*	30 years
Refried Beans*	5 years
Kidney Beans	2 years
Lentils	30 years+
Pinto Beans*	30 years
Potato Flakes*	30 years

SALT (8 lbs)	
Food Storage Item	Shelf Life
Salt	Indefinite

MILK/DAIRY (16 lbs)	
Food Storage Item	Shelf Life
Evaporated milk	2 years
Non-fat powdered milk*	20 years
Sweetened Condensed	2 years

SUGAR (60 lbs)	
Food Storage Item	Shelf Life
Brown Sugar	2 years+
Honey	Indefinite
Jam/Jellies	2 years
Maple Syrup	2 years
White Granulated Sugar*	30 years

OILS/FATS (25 lbs)	
Food Storage Item	Shelf Life
Butter	1 year (frozen)
Cooking Oil (Veg., Canola, etc.)	2-3 years
Margarine	1 year (frozen)
Olive Oil	1-2 years
Mayonaise	1-2 years
Peanut Butter	4 years

* Both members and non-members can purchase many bulks items online at www.store.churchofjesuschrist.org or at their local Church Home Storage Center.

Notes:

1. For an average adult female multiply the weight by 0.75
2. For children ages 1-3 multiply by 0.3; ages 4-6 multiply by 0.5; ages 7-9 multiply by 0.75
3. For adults engaged in manual labor multiply by 1.25 to 1.5