

Many years ago... we were counselled that if we couldn't not store everything we eat and use for a year, we should think about what would "keep us alive" for a year. Here is the list the church published.

ONE – YEAR BASIC MINIMUM FOR 1 PERSON

400 pounds grains – rice, corn, wheat, oats, barley, pasta

60 pounds beans – pinto, white, black, split peas (This is 1/6 lb. per day)

10 quarts oil – This just seems like a lot. I guess if you are frying a lot of things. I would definitely include some shortening, though. Maybe 10 quarts will do for your whole family, rather than each person.

60 lbs honey – This can include white sugar, brown sugar, Karo syrup, Maple syrup. Try to keep some raw honey on hand. Not only is it a sweetener, but it also has medicinal value.

8 lbs salt. Again, this seems like excessive. Maybe 8 lbs for your family?

16 lbs milk – And THIS seems low. Let's assume you never drink this milk. Only use it for making bread, or cereal. But milk is so versatile. You can use your powdered milk to make sour cream, or cream cheese, or faux cheese. You will want at LEAST 16 lbs per person if not more.

If you divide this by 12, you have

33 lb. a month of grain or 8 lbs of rice, corn, wheat, oats, pasta

5 lb. a month of beans (1 1/4 lb. each of pinto, white, black, red)

.83 quarts (about 24 oz.) oil

5 lb. raw honey (or sugar)

2/3 lb salt (less than 1 salt container)

1 1/3 lb milk (about 21 ounces – less than 1 pouch)

Keep in mind that this diet works out to about 6 small biscuits and 1/2 c. beans a day. Think you might want more?

ADD THIS:

400 lbs grains – An additional 8 lbs of rice, corn, wheat, oats, pasta. Double what you have above

34 lbs milk – This makes 50 lb. milk. This is 4 pouches a month.

25 lbs juice or beverage – You can store large cans of powdered punch, lemonade, or Tang. Your taste buds will thank you.

20 pounds meat. If one serving is about 1/4 lb, this will be 80 servings. 80/360 = meat about once every 4-5 days.

90 lbs dry fruit / vegetables. This is 1/4 lb. fruit or veg a day for a year.

90 lbs beans – add to what you have above. This allows for a little under 1/2 lb per day

60 lbs sugar – add to what you have above. Sugar = energy

Spices: salt, pepper, garlic, ginger, ketchup, nutmeg, oregano, cinnamon, vinegar, vanilla, Italian seasonings, cumin, thyme, mayonnaise, dehydrated onions

Most cans at the store contain 15 oz. Not quite a pound, but close enough. 90 lb fruit = approx. 90 cans.

MY RECOMMENDATION

Most of this can be dehydrated, or freeze-dried, or vacuum sealed for long-term storage. Many things will store for 25-30 years. BUT, you should have about a **3 month supply** of things you eat and use EVERY day. The next time the shelves are empty, you will not have to panic, but will feel calm knowing you have what you need.