



3 months food storage checklist

(for one adult)

- 75 lbs of wheat
- 25 lbs grain, rice, oats, etc.
- 5 lbs canned meats
- 2 lbs canned margarine, powdered eggs, etc.
- 6 lbs dried beans, peas, lentils, etc
- 6 lbs dried fruit juice and concentrates
- 25 lbs dried or canned fruits
- 3 lbs comfort food
- 25 lbs non-fat dried milk
- 3 lb peanut butter or substitute protein
- 12 lbs dried potatoes
- 2 lbs of salt
- 3 qrts shortening oils
- 12 lbs sugar or honey
- 9 lb canned or dried vegetables