

Suggested Amounts of Basic Foods for Home Storage Per Adult for One Year

This list may vary according to location and personal needs. It is intended to supply necessary nutrients in an extended emergency. Add other foods, such as dried and canned fruits, vegetables, soups, nut butters, jams, etc., as circumstances permit.

Grains (wheat, barley, spelt, rice, oats, etc.).....	400 lbs.....	C
Legumes (dry beans, split peas, lentils, etc.).....	60 lbs.....	C
Powdered Milk (instant or non-instant).....	16 lbs.....	C
Nutritional Yeast (non-leavening).....	6 lbs.....	C
Cooking Oil (vegetable oils, shortening).....	10 qts.....	C
Sugar, Honey (not for babies), Molasses.....	60 qts.....	C
Salt (iodized if other sources of iodine not available).....	8 lbs.....	C
Water (2 weeks).....	14 gal.....	C

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